

# Vegan Mercimek Burger

Delicious vegan green lentil burgers with mushrooms. Healthy, protein-packed plant-based patties perfect for a satisfying meal. Easy homemade recipe.

15	45	60	4	Medium
HAZIRLIK DK	Pİ?IRME DK	TOPLAM DK	PORSİYON	ZORLUK

## Vegan Mercimek Burger

## Malzemeler

- 100 g green lentil
- 3 tbsp olive oil
- 1 onion
- 500 g mushroom
- 2 garlic
- 1 tbsp oregano
- 1 tbsp parsley
- 1 tbsp balsamic vinegar
- 50 g crumb
- 1 nutritional yeast
- 1 pinch salt
- 1 pinch black pepper
- 4 wheat sandwich bread
- 1 lettuce
- 1 tomato

## Yapılış

- Cook the lentils**

Rinse 100g green lentils under cold water until water runs clear. Place in a medium saucepan with 500ml cold water and bring to a boil over high heat.
- Reduce heat to medium-low and simmer for 15-18 minutes until lentils are tender but still hold their shape when pressed with a fork. Drain thoroughly in a fine mesh strainer and set aside to cool.**
- Prepare the vegetables**

Heat 1 tablespoon olive oil in a large non-stick pan over medium heat until shimmering. Add 1 diced onion and cook for 4-5 minutes, stirring occasionally, until softened and lightly golden.
- Add remaining 2 tablespoons olive oil and 500g chopped mushrooms to the pan. Cook for 15-20 minutes, stirring every 3-4 minutes, until mushrooms are deeply golden and most of their liquid has evaporated.**

- 5 Add 2 minced garlic cloves, 1 tablespoon fresh thyme, and 1 tablespoon chopped parsley to the mushroom mixture. Cook for 1 minute until fragrant, then add 1 tablespoon balsamic vinegar and stir to combine.
- 6 **Make the burger mixture**  
Transfer the cooled lentils and mushroom mixture to a food processor. Add 50g breadcrumbs, 1 tablespoon nutritional yeast, 1 pinch salt, and 1 pinch black pepper.
- 7 Pulse the mixture 8-10 times until just combined but still chunky - you want some texture remaining, not a smooth paste. Transfer to a bowl and let rest for 10 minutes to allow breadcrumbs to absorb moisture.
- 8 **Form and chill the patties**  
Divide mixture into 4 equal portions and shape into patties about 10cm wide and 2cm thick. Place on a plate, cover with plastic wrap, and refrigerate for 30 minutes to firm up.
- 9 **Cook the burgers**  
Heat a large non-stick pan over medium heat and lightly oil the surface. Cook patties for 3-4 minutes per side until golden brown and crispy on the outside and heated through to the center.
- 10 **Serve**  
Place each burger on 4 toasted burger buns with 1 sliced tomato, 1 sliced onion, and your preferred condiments. Serve immediately while hot.

## ?puçlar?

Ensure lentils are well-drained and slightly cooled before mixing to prevent a mushy texture. Excess moisture is the enemy of firm burger patties.

Sauté vegetables until most of their moisture has evaporated. This concentrates flavors and prevents soggy burgers that fall apart during cooking.

Chill formed patties for at least 30 minutes before cooking. This helps them maintain their shape and prevents crumbling in the pan.

Don't overmix the burger mixture in the food processor. Pulse just until combined while maintaining some texture for the best bite.

Cook on medium heat rather than high to ensure even cooking throughout without burning the exterior before the interior is heated through.

Use a thin spatula and flip carefully only once during cooking. Multiple flips can cause the patties to break apart.

If the mixture seems too wet, add more breadcrumbs or oats. If too dry, add a tablespoon of plant milk or extra olive oil.

Make extra patties and freeze them individually wrapped for quick future meals. They reheat beautifully from frozen.