



CURRIED LENTIL BURGERS WITH PORTOBELLO MUSHROOMS AND ROASTED PARSNIPS

FAST. EASY. FRESH.

1. Preheat your oven to 400°F. Peel the **parsnips**, then slice thinly. Place them in a bowl, toss with 3 Tbsp. **canola oil**, 1 tsp. **sea salt**, and ½ tsp. **black pepper**. Spread out on a parchment lined baking tray. Wash the **portobellos**, place them on the same baking tray, and brush them with 2 Tbsp. **canola oil**, then season with the **dried thyme** and **coarse sea salt**. Roast in the oven for 20 minutes.

2. Meanwhile, combine the **Red Lentil Mix**, (**red lentils**, 2 tsp. **yellow curry powder**, and **onion powder**), 1 tsp. **sea salt**, and 2 2/3 cups **water** in a medium pot. Bring to a simmer and cook for 10-15 minutes or until the lentils are tender.

3. Transfer the **lentils** into a bowl, add the **eggs**, **panko**, and **flour**. In a pan, heat the 2 Tbsp. canola oil, and portion the lentil mixture into two patties. Fry until golden on each side, remove, and set aside.

4. In a small bowl, whisk together the **Curried Mayonnaise** (**mayonnaise**, **apricot jam**, 2 tsp. **curry powder**). Slice the **tomatoes**.

5. To serve, spread the **apricot curry mayo** on the **buns**, place a **Portobello mushroom** on the bottom of each, then a burger patty, slice of **tomato**, some **feta**, and top with **greens**. Serve alongside the roasted parsnips. Enjoy!



Ingredients (4 Person Serving – 1,084 Calories Per Serving)

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|---------------------|---------|----------------------|----------|
| Red Lentils | 2/3 Cup | Apricot Jam | 1 Tbsp. |
| Coarse Sea Salt | 1 tsp. | Portobello Mushrooms | 4 |
| Yellow Curry Powder | 4 tsp. | Sea Salt | 2 tsp. |
| Onion Powder | 1 tsp. | Dried Thyme | 1 tsp. |
| Large Eggs | 2 | Parsnips | 800 g |
| Panko | 1 Cup | Feta Cheese | 60 g |
| All-Purpose Flour | ¼ Cup | Tomato | 1 |
| Canola Oil | 7 Tbsp. | Mixed Greens | 40 g |
| Mayonnaise | 6 Tbsp. | Golden Potato Buns | 4 |
| | | Salt and Pepper | To Taste |

45 Minute Cook Time!