

Lentil & Mushroom Veggie Burgers

with Arugula Salad & Aioli

In this Middle Eastern-inspired recipe, we're making za'atar-spiced veggie burgers with cremini mushrooms and two different legumes: green lentils and chickpeas. The cooked mushrooms and lentils form a thick batter with egg and chickpea flour, made simply from ground chickpeas. In a hot pan, that batter sets into delicious burgers, turning crispy and brown on the outside. Topped with aioli, arugula and lemon-marinated red onion, these burgers are gourmet through and through.



Ingredients

- 4 Sesame Seed Buns
- 1 Farm Egg
- ½ Cup Green Lentils
- 6 Ounces Cremini Mushrooms
- 6 Ounces Cherry Tomatoes
- 4 Ounces Arugula
- 4 Cloves Garlic
- 2 Lemons
- 1 Red Onion

Knick Knacks

- ½ Cup Mayonnaise
- ½ Cup Chickpea Flour
- 1½ Tablespoons Veggie Burger Spice Blend
(Za'atar, Ground Sage, Dried Thyme & Dried Rosemary)

Makes 4 Servings

About 700 Calories Per Serving

Prep Time: 10 min | Cook Time: 35 to 45 min



1

**Cook the lentils:**

Preheat the oven to 450°F. Heat a large pot of salted water to boiling on high. Once boiling, add the **lentils**. Cook 14 to 16 minutes, or until tender. Drain thoroughly.

2

**Prepare the ingredients:**

While the lentils cook, wash and dry the fresh produce. Halve the buns. Peel and halve the onion; thinly slice 1 half and small dice the remaining half. Peel and mince the garlic; using the flat side of your knife, smash until it resembles a paste (or use a zester). Finely chop the mushrooms. Quarter and deseed the lemons. Halve the tomatoes.

3

**Cook the aromatics & mushrooms:**

While the lentils continue to cook, in a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot. Add the **diced onion, spice blend** and **half the garlic paste**; season with salt and pepper. Cook, stirring occasionally, 2 to 3 minutes, or until softened and fragrant. Add the **mushrooms**. Cook, stirring occasionally, 8 to 10 minutes, or until browned and crispy; season with salt and pepper. Transfer to a large bowl to cool slightly. Wipe out the pan.

4

**Make the aioli & marinate the onion:**

While the aromatics and mushrooms cool, in a small bowl, combine the **mayonnaise, remaining garlic paste** and the **juice of 3 lemon wedges**. Stir to thoroughly combine; season with salt and pepper to taste. In a separate small bowl, combine the **sliced onion** and the **juice of the remaining lemon wedges**; season with salt and pepper to taste.

5

**Make the batter & cook the burgers:**

Crack the **egg** into the bowl of cooled aromatics and mushrooms. Add the **cooked lentils** and **chickpea flour**; season with salt and pepper. Stir to form a stiff batter. Divide into 4 equal-sized portions. In the pan used to cook the aromatics and mushrooms, heat 1 tablespoon of olive oil on medium until hot. Using a spoon, transfer the portions of batter to the pan, keeping them separate. Gently press down to flatten into ½-inch-thick burgers. Cook 3 to 4 minutes per side, or until browned and cooked through. Remove from heat.

6

**Finish & serve your dish:**

While the burgers cook, place the **buns** on a sheet pan. Toast in the oven 2 to 4 minutes, or until the edges are lightly browned. Transfer to a clean, dry work surface. Spread each toasted bun bottom with a **layer of the aioli**. Top with a **cooked burger, a spoonful of the remaining aioli, a pinch of both the arugula and marinated onion** (you will have extra) and a bun top. Transfer to a serving dish. In a large bowl, combine the **tomatoes, remaining arugula and marinated onion** and a drizzle of olive oil. Toss to coat; season with salt and pepper to taste. Serve with the **finished burgers**. Enjoy!