

# Lentil Veggie Burgers with Mango Carrot Slaw

**Prep time:**

20 minutes

**Cooking time:**

35 minutes

**Yields:**

5 people

**Ingredients:**

**Mango Slaw:**

- ½ cup ripe Mango
- ½ cup carrot
- ½ cup cabbage
- ¼ cup mayo of choice

**Lentils Veggies Patties:**

- 1/2 cup red/pink/orange lentils
- 1 cup water
- 1 Tablespoon bbq sauce
- 1 cup riced Cauliflower
- 1 carrot carrot, grated
- ¼ cup onion, minced
- 2 cloves of garlic
- 1 tablespoon ginger, grated
- Crushed red pepper flakes to taste
- ¼ cup broccoli, chopped very small or grated
- ¼ cup red bell pepper, small diced
- Salt and pepper to taste
- 1/4 - 1/2 teaspoon Chili powder
- 1/4 teaspoon cumin powder
- 1 Tablespoon flaxmeal
- 1 Tablespoon sesame seeds
- 1/4 cup gluten free flour
- 2-4 Tablespoons gluten free panko breadcrumbs

**Directions:**

**Mango Slaw:**

1. Thinly slice mango and grate carrot and cabbage.
2. Add mayo, salt, vinegar and black pepper.
3. Mix well, Taste and adjust, and set aside..

**Burger Patties:**

1. Cook lentils with water and salt until tender. (10-15 minutes)
2. Saute veggies for 3-5 minutes.
3. Add veggies, flaxmeal, sesame seeds, to cooked lentils and add spices.
4. Mix well, taste and seasoning
5. Add gf flour and panko to make burger patties.
6. Sear patties in cast iron 5-7 minutes per side or until browned
7. Finish in 400 degree oven 10-12 minutes
8. Remove from oven and top with mango carrot slaw
9. May be served on bun, lettuce wrap or by itself