



BBQ RECIPE

Veggie Burger



For 6 burgers:

- 6 Au Pain Doré burger buns
- 300 g sliced sweet potatoes in small cubes (approx 1 potato)
- 125g sliced onion
- 125ml Walnuts
- 1 tablespoon olive oil
- 1 can (540ml) of drained and rinsed lentils
- 1 sliced garlic clove
- 1 egg
- 60 ml bbq sauce (or ketchup)
- 1 ½ teaspoon of chili spice
- 1 teaspoon dried oregano
- ½ teaspoon smoked paprika
- ½ cup breadcrumbs
- ½ cup oatmeal
- Salt and pepper
- Garnish of your choice:
• Mayonnaise, mustard, tomato, avocado, lettuce, cheese, etc.

Preparation :

- Preheat the oven at 375 °F (190 °C).
- In a bowl, coat the sweet potatoes cubes, onion and walnuts in olive oil. Salt lightly.
- Place on a baking sheet and cook in the oven for 20 minutes.
- Turn them around and keep baking for another 20 minutes. Let cool down.
- In the food processor, add the sweet potatoes, onions, walnuts and the rest of the ingredients, except for the breadcrumbs and oatmeal.
- Mix until coarsely chopped, without being completely smooth.
- Put the mixture in a bowl. Add the breadcrumbs and oatmeal. Mix well.
- Make patties by using 125 ml (1/2 cup) of the mixture.
- Cook on the bbq 4 min on each side.
- Garnish to your taste.
- Serve.

Tip:

Once cooked the patties can be frozen. All you have to do is unfreeze and reheat them on the bbq for a few minutes.

For a **Vegan** version :
Don't add the egg.

And that's it, BON APPÉTIT !