

Ginger and Curry Veggie Burger



Discover our delicious recipe for a vegetarian Ginger and Curry Burger. Enjoy the burst of flavors in this spicy plant-based burger, enhanced by the subtle kick of ginger and the aromatic curry. A wonderfully balanced option for vegetarian burger lovers.

Preparation 20 min

Cooking 17 min

Servings 6

Nutrition Facts (per serving)

Calories 380

Fat 22

Carbohydrates 61

Fibre 11

Protein 23

Sodium 410

Ingredients

- 15 ml (1 tbsp) of oil
- 500 ml (2 cups) chopped mushrooms
- 2 chopped garlic cloves
- 1 can (540 ml) green lentils
- 65 ml (1/4 cup) pumpkin seeds

- 15 ml (1 tbsp) chopped fresh ginger
- Salt and pepper to taste
- 65 ml (1/4 cup) Italian breadcrumbs
- 250 ml (1 cup) grated carrots
- 65 ml (1/4 cup) chopped fresh coriander
- 6 hamburger buns

Preparation

1. In a skillet, heat up the garlic in the oil over medium-high heat, then add the mushrooms and cook for about 7 minutes, stirring occasionally. Remove.
2. Put the mixture of mushrooms and garlic, lentils, sunflower seeds, curry, ginger, salt and pepper in the food processor for about 1 minute.
3. Put the mixture in a large bowl and add the bread crumbs, grated carrots and coriander and mix.
4. With your hands, form 6 meatballs and cook in a frying pan for about 5 minutes on each side over medium-high heat.
5. Put the patties in the buns, then add filling of choice (ketchup, mustard, avocados, lettuce, watercress, alfalfa, tomatoes, cheese etc.)

Notes



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