**SWEET POTATO, QUINOA AND LENTIL BURGER**

Ingredients

2 sweet potatoes

1/2 cup quinoa

400g lentils, canned, strained and dried

Handful parsley, chopped

1 tsp chili flakes

1/2 onion, finely diced

1/2 tsp cumin, ground

½ tsp oregano, ground

½ tsp coriander, ground

A few drops tabasco sauce

1 clove garlic, finely chopped

1 egg, gently beaten

Instructions

1. Dice the sweet potato and boil until soft (or microwave) and then mash
2. Place quinoa in pot with 1 cup of water and cook until was is absorbed and quinoa is fluffy
3. Add all ingredients together and mix with your hands (or fork)
4. Set aside in the fridge for 30 minutes
5. Shape into burgers and lightly pan fry until golden brown
6. Prepare in a bun with your choice of fillings – I used tomato, reduced fat cheese, lettuce, beetroot and hummus plus some BBQ sauce

Adapted from: https://www.sportsdietitians.com.au/recipes/sweet-potato-quinoa-and-lentil-burgers/