
Awesome Veggie Sliders

Cook Time: 0 min
Makes about 8 sliders

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

- 2 tbsp olive oil
- 1 onion, finely chopped
- 200g sliced mushrooms
- 2 garlic cloves, minced
- 1 cup cooked brown rice, cooled
- 1/2 cup cooked lentils, cooled
- 1/4 cup kale, finely chopped (optional)
- 1/2 cup bread crumbs
- 1/4 cup spelt flour
- 1/2 tsp Sriracha
- 1 teaspoon dried Italian seasoning
- 1/4 tsp celery seed powder (optional)
- 1 1/4 teaspoons sea salt
- 1 teaspoon freshly ground black pepper
- Oil for frying
- Mini burger buns
- Your choice of toppings □ cheese, tomato sauce, pickles, sriracha, mayo

Instructions:

1. Before you start, make sure you have all your ingredients ready to go. That means your brown rice and lentils are cooked and cooled.
2. Heat the olive oil in a frying pan over medium heat and cook the onion and mushrooms until soft and lightly browned. Add the garlic and cook for a few more minutes.
3. Transfer the mushroom mixture to a food processor. Add the rice, lentils, kale, bread crumbs, flour, sriracha, and the remaining seasons. Pulse until the mixture just comes together.
4. Transfer to a bowl and if needed mixed a few times with your hand to make everything comes together. Taste to check if the mixture needs more seasons. It should taste a little on the salty side □ as once combined with the burger buns it would be perfect.
5. Form the mixture into patties about 4cm larger than your burger buns □ about 8-10. If not cooking straight away, store in the fridge in an air-tight container for 2 days.
6. Heat some oil in your frying pan over medium heat (just enough to have a thin layer in your frying pan), and pan-fry the sliders for about 3 minutes on each side, and about 3 to 4 at a time depending on the size of your pan.
7. Slice burger buns in half, and toast slightly next to the burgers so they can soak up a little oil.
8. Assemble your sliders as you like □ I added some cheese, and mayo mixed with sriracha. YUM!