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Lentil and Almond Burgers

Prep Time: 15 mins

Cook Time: 45 mins

Rest Time: 1 h 10 mins

Total Time: 2 h 10 mins

Ingredients

- 6 cup(s) water
- 1 cup(s) lentils, brown, or green French lentils
- 2 tablespoon oil, olive, extra virgin, divided
- 3/4 cup(s) carrot(s), finely chopped
- 1/3 cup(s) shallot(s), finely chopped
- 1/3 cup(s) celery, finely chopped
- 1/4 cup(s) nuts, almonds, sliced
- 1 teaspoon thyme, fresh, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon pepper, black ground
- 1 large egg yolk(s), lightly beaten
- 1 tablespoon lemon juice



Preparation

1. Bring water to a boil in a large saucepan. Stir in lentils, reduce heat to medium-low and simmer until very tender and beginning to break down, about 25 minutes for brown lentils or 30 minutes for green lentils. Drain in a fine-mesh sieve.
2. Meanwhile, heat 1 tablespoon oil in a large skillet over medium heat. Add carrot, shallots and celery and cook, stirring, until softened, about 3 minutes. Add almonds, thyme, salt and pepper; continue cooking until the almonds are lightly browned, about 2 minutes.
3. Transfer the mixture to a food processor; add 1 cup of the cooked lentils. Pulse several times, scraping down the sides once or twice, until the mixture is coarsely ground.
4. Transfer to a large bowl; stir in the remaining lentils. Let cool for 10 minutes. Mix in egg yolk and lemon juice. Cover and refrigerate for 1 hour.
5. Form the lentil mixture into 5 patties. Heat the remaining 1 tablespoon oil in a large nonstick skillet, preferably cast-iron, over medium-high heat. Add the patties and cook for 3 to 4 minutes. Turn gently and continue to cook until lightly browned and heated through, 3 to 4 minutes more. Serve immediately.