

Mushroom lentil bahn mi burger

by Humane World for Animals Culinary Innovation Chefs

Serves 4

Ingredients

To prepare mushroom lentil patty

- 1 tbsp ground brown flax seed
- 2 tbsp water
- 1 tsp canola oil
- 1/3 cup yellow onions, diced small
- 2 tsp fresh jalapeño peppers, chopped
- 2 tsp garlic cloves, peeled and minced
- 1 1/2 cups white button mushrooms, chopped
- 2/3 cup farro, cooked
- 2/3 cup lentils, cooked
- 1/4 cup oat flour
- 3 tbsp fresh cilantro, chopped
- 3 tbsp green onions, sliced thinly on bias
- 4 tsp cornstarch
- 2 tsp light-sodium soy sauce
- 2 tsp canned tomato paste
- 1/3 tsp kosher salt
- 1/3 tsp ground black pepper

To cook mushroom lentil patty

- 4 tsp canola oil

Quick pickle slaw

- 2 cups cabbage, coleslaw mix
- 1 cups carrots, peeled and shredded
- 4 tsp fresh jalapeño peppers, sliced thin
- 4 tsp white granulated sugar
- 1 1/3 tsp kosher salt

Cilantro lime crema

- 1/4 cup vegan mayonnaise
- 1 tsp lime juice
- 1/2 tsp vinegar apple cider
- 1/4 teaspoon garlic powder
- 1/8 tsp kosher salt
- 2 tablespoons fresh cilantro, chopped

Service

- 4 each white hamburger buns, sliced
- 1/2 cup cucumber with peel, sliced
- 1/4 cup fresh cilantro leaves

Instructions

To prepare mushroom lentil patty

1. Combine flax seed and water and allow to sit for at least 5 minutes.
2. In a large skillet, heat oil over medium high heat. Add onions and jalapeño and cook until tender, about 3-4 minutes. Add garlic and cook for 1 minute. Add mushrooms and cook until water has evaporated, about 4-5 minutes. Remove from heat and allow to cool.
3. In a large mixing bowl combine flax seed mixture, cooled mushroom mixture, farro, soy sauce, tomato paste, cilantro, green onions, lentils, flour, cornstarch, salt and pepper. Measure 4 oz patties and place on a parchment lined sheet pan. Cover and place in cooler for at least an hour.

To cook mushroom lentil patty

1. In a large skillet, heat 1 tablespoon oil over medium heat. Add 3 patties to pan and cook for 3-5 minutes on each side until golden brown. Hold patties hot for service.

For quick pickle slaw

1. Combine cabbage, carrots, jalapeno peppers, sugar and salt and mix well. Allow to sit for 15 minutes, tossing mixture once or twice making sure all ingredients are becoming soft. Drain excess water.

For cilantro lime crema

1. Combine vegan mayonnaise, lime juice, vinegar, garlic powder and salt in a blender, process until smooth. Add cilantro and pulse until flaked throughout. Cilantro lime crema can be stored in a sealed container in cooler until ready for service.

For service

1. Spread 1 tablespoon of crema on top and bottom bun. Place bottom bun on plate and add patty. Add 1/2 ounce sliced cucumbers on top then add 1 tablespoon of slaw. Add 1 tablespoon cilantro, then add top bun.

Notes

**The nutrition information is an estimate based on general ingredients. These amounts will vary based on the products you are using.*

Nutrition

Serving: 10.37oz | Calories: 461kcal | Carbohydrates: 70g | Protein: 16g | Fat: 14g | Saturated Fat: 2g | Sodium: 953mg | Fiber: 10g | Sugar: 12g