Black Lentil and Roasted Beet Burgers with Tahini Slaw

4 burgers, each with one patty and one quarter of all tahini slaw, including any served beside the bun | Active 45 min | Cook 40 min | Total 100 min

Ingredients

- 10 1/2 oz plain cooked black lentils, boiled, drained and cooled (300 g cooked edible weight)
- 5 1/3 oz plain cooked beetroot, drained and coarsely grated (150 g cooked edible weight)
- 2 3/4 oz rolled oats, ground into coarse flour (80 g)
- 1 1/2 tablespoons ground flaxseed (12 g)
- 2 tablespoons plus 2 teaspoons water for flaxseed (40 ml/40 g)
- 1 small onion, finely diced (60 g)
- 2 garlic cloves, minced (6 g)
- 1 tablespoon olive oil (15 ml/13.5 g), divided
- 1 teaspoon ground cumin (2 g)
- 1 teaspoon sweet paprika (2 g)
- 1/2 teaspoon fine salt (3 g), divided
- 1/2 teaspoon ground black pepper (1 g)
- 7 oz raw cabbage, finely shredded (200 g)
- 1 medium carrot, grated (100 g)
- 4 tablespoons tahini (60 g)
- 2 tablespoons lemon juice (30 ml/30 g)
- 1/4 cup water for tahini dressing (60 ml/60 g)
- 4 plain whole-wheat burger buns (240 g total)

Set out

Kitchen scale, grater, lined baking tray and oven mitts, Small grinder or compact food processor for oats and flaxseed, Mixing bowls, fork and broad spatula, 12 inch/30 cm nonstick skillet and clean holding plate, Refrigerator space for formed patties and food thermometer

Allergens

Wheat, Sesame, Check buns, oats and ground seeds for other declared allergens or cross-contact.. Check labels and substitutions.

Make it

1. Heat oven to 425°F/220°C. Spread grated cooked beetroot over the lined tray and roast for 15–20 minutes, stirring once, until surface moisture has evaporated without the edges burning. Cool for 5 minutes. Meanwhile mix ground flaxseed with its 40 ml water and stand for 10 minutes.

2. Heat 1 teaspoon/5 ml oil in the skillet over medium heat. Soften onion for 6–7 minutes, stir garlic for 30 seconds and transfer to a bowl. Mash about two thirds of the lentils with a fork, leaving the rest intact. Mix in all lentils, cooled beetroot, onion/garlic, ground oats, flax mixture, cumin, paprika, two thirds of the salt and

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all black pepper.

3. Weigh and divide into four equal patties, about 160 g each, approximately 4 1/3 inches/11 cm across and 3/4 inch/2 cm thick. Cover and refrigerate for at least 20 minutes while making the slaw. Keep longer chilled if not frying immediately.

4. Whisk tahini with all lemon juice, the measured 60 ml dressing water and remaining salt until creamy. Toss with all cabbage and carrot. Keep cold until serving.

5. Heat the remaining 2 teaspoons/10 ml oil in the skillet, using half for each batch of two patties. Fry over medium heat for 5–6 minutes per side, turning once with a broad spatula, until browned, firm enough to lift and 165°F/74°C at the center. Allow 20–24 minutes for both batches. Split the buns and warm briefly in the dry pan if desired. Serve one patty per bun, with one quarter of all slaw split between the bun and the plate.

Estimated nutrition per serving

Calories: 510 kcal | Protein: 21.9 g | Carbohydrate: 71.7 g | Fat: 17.3 g | Fiber: 17.1 g. One of 4 servings. Batch yield: 4 burgers, each with one patty and one quarter of all tahini slaw, including any served beside the bun. Base ingredients and full measured oil included; optional variations excluded. Estimates vary with brands, cooking and actual portions.

Pack a burger kit rather than an assembled tower

One patty, one bun and one measured slaw pot form a clear meal kit. Keeping them apart is useful for a packed dinner around a late training session: the patty can be safely reheated while the bread and dressing keep their own texture.

A useful detail

Use lentils and beetroot cooked today or yesterday and safely chilled. Their previous cooking is not included. The flaxseed and oats are ground without removing anything. Full 15 ml oil and all dressing are included. The recipe makes four patties, not four sandwiches plus uncounted extra patties.

Another way

Use 300 g cooked drained green lentils instead of black lentils; mash the same fraction and keep the full chilling period.

Replace 100 g carrot in the slaw with 100 g finely shredded raw fennel. The base nutrition does not cover changes.

Keep it well

Cool cooked patties promptly in a single layer and refrigerate within 2 hours, or 1 hour above 90°F/32°C. Keep patties and slaw separately at 40°F/4°C or below for up to 2 days and within 3 days of the original lentil/beet cooking dates, whichever is sooner. Reheat patties to 165°F/74°C and assemble with cold slaw. Freeze cooked patties promptly for up to 2 months; thaw in the refrigerator. Keep buns dry according to their package.