

Lentil & Chorizo Burgers, Sweet Potato Fries



Ingredients

- 200g red lentils
- 500ml vegetable stock
- 100g chorizo, finely diced
 - 1 onion, finely diced
- 1 tablespoon chilli flakes
- 2 crushed garlic cloves
 - 1 tsp cumin
 - 1 tsp paprika
- 50g breadcrumbs
 - 4 rolls
- 4 lettuce leaves, shredded
 - 4 tbsp mayo

For the sweet potato fries

- 2 sweet potatoes
- 2 tablespoons oil
- 2 tbsp paprika

Methods

1. Cook the red lentils in the stock for about half an hour.
2. Add more water if needed while it cooks or drain at the end if liquid remains.
3. Fry chorizo, onion and garlic until softened.
4. Stir in the cumin, chilli flakes and paprika and mix thoroughly. Cook for 2 more minutes.
5. Stir into the red lentils and add the breadcrumbs.
6. Put the mix into the fridge for at least 1 hour.
7. Shape into burgers and cook in the air fryer at 180c for 15 minutes or put in the oven at 200c for 20 minutes.
8. Lightly toast the rolls and load up with lettuce and mayo and the burgers.
9. Serve with the sweet potato fries.

Let's make the sweet potato fries:

1. Peel then cut the sweet potato horizontally as thick or thin as you'd like your sweet potato fries to be.
2. In a large bowl, mix the oil, and paprika until everything is well combined.
3. Toss in the cut sweet potatoes and mix around using your hands or a spoon until all of the sweet potatoes are well coated.
4. Air fry at 180°C for 10 minutes, then give them a good shake and increase the heat to max (mine is 240°C) for a further 4 minutes.