

**WILD RICE &
MUSHROOM BURGER**



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YIELD
6 - 8



TIME
30 min



GF

INGREDIENTS

2 Tbsp (14 g) ground flaxseeds

1 tsp (5 mL) vegetable oil

2 red onion, diced

2 cloves garlic, minced

8 oz (225g - about 3 cups) cremini mushrooms, finely diced

⅓ cup (40 g) walnuts, finely chopped

2 Tbsp (30 mL) sodium-reduced soy sauce

½ Tbsp (7 g) ground cumin

1 tsp (4 g) ground coriander (optional)

1 cup (190 g) cooked brown/wild rice

1 cup (90 g) bread crumbs

1 Tbsp (7 g) nutritional yeast (optional)

1½ cups (115 g) cooked brown lentils

1 Tbsp (15 mL) ketchup

Fresh ground pepper to taste

Sriracha Mayo

¼ cup (60 mL) vegan mayo

2 Tbsp (30 mL) Sriracha hot sauce

Toppings

Avocado

Arugula

Tomato slices

DIRECTIONS

1. In a large mixing bowl, add the ground flaxseeds with ¼ cup (60 mL) water. Set aside to gel.
2. To a large pan, add the oil, onions and garlic and sauté on high heat until lightly golden, about 5 minutes, adding a splash of water as needed to deglaze the pan.
3. Then add the mushroom and walnuts, and cook until most of the moisture has evaporated, about 5 - 8 minutes. Add the soy sauce, cumin, and coriander and continue to cook until all the moisture is evaporated.
4. Meanwhile, add the lentils to the same bowl as the flaxseeds and mash as best you can using an immersion blender, potato masher or fork. To the lentils, add the mushroom mixture, rice, bread crumbs, nutritional yeast, ketchup, and pepper. Using your hands, combine until fully mixed and form into burger patties.
5. In a large frying pan over medium heat, add a bit of vegetable oil and cook patties until golden on each side, about 2 - 3 minutes per side.
6. While the burgers are cooking, combine the Sriracha and mayo in a small bowl.
7. Toast the burger buns if desired and slice up desired vegetables.
8. When the patties are ready, assemble your burger!

NOTES

- **Storage:** keep patties in an air-tight container in the fridge for up to 3 days.