

Paramount BBQ Lentil & Mixed Seed Burger

Ingredients

| Product | Quantity |
|--|----------|
| BBQ LENTIL & MIXED SEED BURGERS 24 x 88g | 352.00 g |
| CSBC 10171 MK4.5 Sliced Seeded Burger Buns 4 x 12. | 4.00 g |
| AvoGrande Avocado Halves 1 x 60 | 2.00 g |
| BUCHANANS CHICKPEAS | 200.00 g |
| Jif Bottle Lemon Juice 250ml | 2.00 g |
| Triple Lion Cloves, Whole (6x300g) | 2.00 g |
| Ground Cumin | 1.00 g |
| Light Tahini 1KG | 1.00 g |
| FB Extra Virgin Olive Oil 6x2ltr PET | 2.00 g |
| Ground Paprika | 1.00 g |
| Costa fine sea salt | 0.50 g |
| Water | 4.00 g |
| Suffolk Caramelised Onion Chutney | 1.00 g |
| Pea Shoots | 100.00 g |
| CSBC 10082 Sticky BBQ Sauce 2.27L | 2.00 g |

Serves: 4

Allergy Information

Key: Contains May Contain



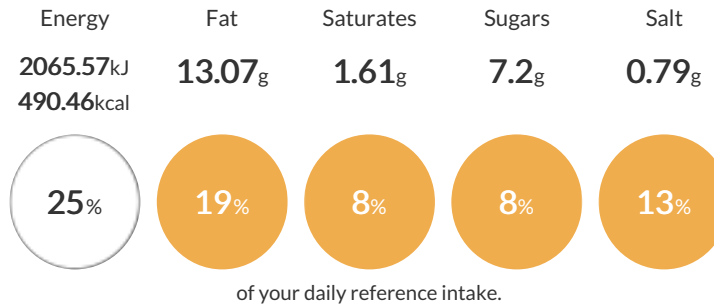
Dietary Information

Key: Suitable for



Reference Intake

Each serving contains:



Nutritional Summary

| | |
|---------------------------|-------------------------|
| Energy | 2065.57kJ 490.46kCal |
| Protein | 24.9g |
| Carbohydrates | 65.46g |
| of which sugars | 7.2g |
| Non Milk Extrinsic Sugars | 0g |
| Fat | 13.07g |
| of which saturates | 1.61g |
| Fibre | 6.46g |
| Salt | 0.79g |
| Sodium | 0g |
| Iron | 2.78mg |
| Calcium | 17.83mg |
| Zinc | 0.98mg |
| Folate | 0.03µg |
| Vitamin A | 0.09µg |
| Vitamin C | 0mg |

Method & Recipe Notes

Caramelised Onion Hummus 1. Drain the chickpeas and rinse. 2. Add the chickpeas, olive oil, lemon juice, garlic, tahini, cumin, paprika, salt & water to a food processor and blend until smooth and creamy. 3. Stir through caramelised onion chutney. 4. Check seasoning levels and adjust to your preference. 5. Transfer to a container, cover & place into the refrigerator until ready to serve. BBQ Lentil & Mixed Seed Burgers 1. Preheat deep fat fryer oil to 180°C. 2. Cook the burgers from frozen for 6 - 7 minutes. 3. Drain thoroughly before serving. Chargrilled Avocado 1. Destone the avocado and scoop the flesh out onto a chopping board. 2. Slice the avocado into even slices. 3. Pre-heat griddle pan until smoking hot. 4. Once hot add the sliced avocado and cook until char lines are present on each side of the slices. 5. Place to one side until ready to serve. To serve, place a tablespoon of caramelised onion hummus on the base of the toasted burger bun, top with the lentil & mixed seed burger, sliced chargrilled avocado and a drizzle of BBQ sauce and a few peas shoots. Add the toasted top of the bun and enjoy!

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