

Sesame-bean burgers (gluten free)

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Sesame-bean burgers (gluten free)

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Looking for recipes that are high in fibre and gluten free? These sesame-bean burgers are a great vegan option.

Ingredients (Makes 10 big burgers or 20 mini burgers)

Burger

- 2 cups of cooked brown lentils
- 1 cup chickpeas, mashed
- 1 large potato, grated
- 1 cup fresh gluten-free bread crumbs
- ½ cup finely chopped chives
- 1 cup chopped coriander
- Juice from 1 lemon
- 3 tsp curry Madras powder
- 1 tsp curry flakes
- 1 chia seed egg (1 tbsp chia seeds soaked in 2 tbsp water)
- Sesame seeds to coat

Wrap (optional)

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- Gluten-free wrap
- Sweet chilli sauce
- Salad

Method

Heat oven to 200°C. Mix ingredients together and leave for 15 minutes – this will soften the breadcrumbs and allow the flavours to infuse.

Using your hands, mould balls, squeeze out any excess liquid and roll in the sesame seeds. Place on a baking tray and continue until all the mixture is used and bake for 15 minutes.

Carefully flip and bake for another five minutes, then serve with a gluten-free wrap, salad and sweet chilli sauce.

Recipe from Adele at [Veggie Head](#)

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