



QUINOA LENTIL BURGER

IT CONTAINS VITAMINS AND MINERALS. IT IS A VEGETARIAN BURGER AND WILL BE APPRECIATED BY MEAT-EATERS WHEN TASTED.



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Mindset Recipe

Lentils are high in fibre and are packed with tryptophan, an amino acid that the body uses to make mood-boosting serotonin. Turkey is also a good source. They're also an excellent source of B vitamins, which help improve mood by increasing levels of neurotransmitters like serotonin, dopamine which can help make us feel good.

Recipe

Prep Time:	15 minutes
Cook Time:	12 minutes
Serving:	4

INGREDIENTS:

For the Burger:

Olive oil (1 tablespoon + 2 teaspoons)

Red onion (1/4 cup, chopped)

Quinoa (1 cup, cooked)

Brown lentils (1 cup, cooked and drained)

Green chillies (4 ounces, diced, canned)

Rolled oats (1/3 cup)

White whole wheat flour (1/4 cup)

For the Burger:

Cornflour (2 teaspoons)

Whole grain bread crumbs (1/4 cup)

Garlic powder (1/4 teaspoon)

Cumin (1/2 teaspoon)

Paprika (1 teaspoon)

Salt & Pepper

For the Honey Dijon Mustard:

Dijon mustard (2 tablespoons)

Honey (3 teaspoons)

METHOD:

Step 1:

Prepare the honey Dijon mustard by combining the two ingredients and refrigerate until it's time to use it.

Step 2:

Mix the burger ingredients in a big bowl and shape into 4 patties.

Step 3:

Cook the patties on medium heat for 10-12 minutes, until brown, in a large frying pan with 1 tablespoon of olive oil.

Step 4:

Assemble your burgers with a bun, onions softened in 2 teaspoons of olive oil, honey Dijon mustard, and any other toppings of your choice.

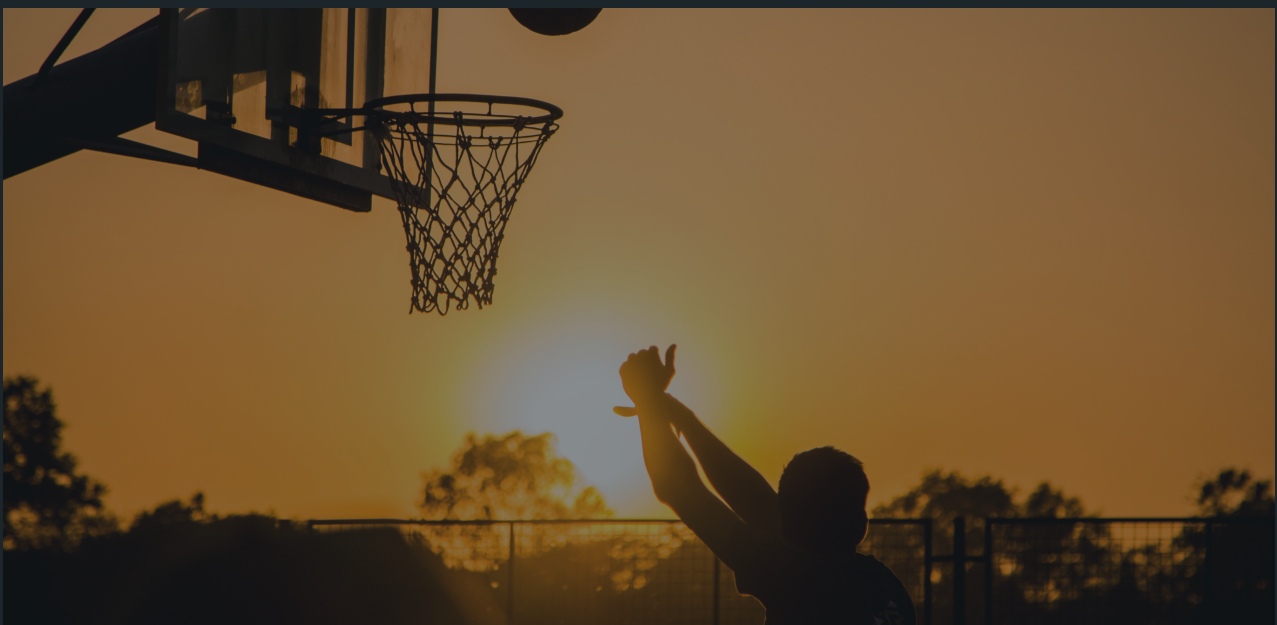
Self-Compassion Tips

Create & generate self-compassion within your mind whilst prepping this rewardingly nutritious meal. Try the below tips:

Repeat in your mind that you deserve to fuel your body with nutrition (i.e. 'I am worthy & deserve this tasty meal to fuel my body & mind')

Think about what activities your body can do after it has been fuelled (i.e. a walk, play with your children, sports)

Remind yourself what exactly your mind will be able to achieve once it has been fuelled (i.e. thinking clearly, make plans for tomorrow, progress in work/school)





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