



Lentil Burger Pop-ups





PLAN YOUR OWN LENTIL POP-UP EVENT!

1

CHOOSE A THEME

Pick a fun theme to anchor your event - choose one from Lentils.org's fun collection, or create your own!

2

PICK YOUR RECIPES

Select a few recipes that go with your theme - we have compiled some of our faves for you & work with your culinary team to plan.

3

DECORATE

Decorate your popup display with jars of dry lentils & any decor items that match your theme. Print off nutrition & sustainability reference sheets from the Lentils.org toolkit, or use digital signage.

4

EXECUTE & ENGAGE WITH STUDENTS

Time to execute - serve up your creations & chat with students about lentils! Remember to take pictures!

**BONUS: REACH OUT TO US TO REQUEST HAND-OUTS,
SWAG & DIGITAL IMAGES SENT TO YOU**

INFO@LENTILS.ORG

Lentils.™

LENTILS & SUSTAINABILITY

NITROGEN FIXING CROP
NEGATIVE CARBON IMPACT
LOW WATER FOOTPRINT
ZERO WASTE PRODUCTION
SOURCE OF PLANT PROTEIN

[CLICK FOR VIDEO](#)



LEARN MORE AT [LENTILS.ORG](https://lentils.org)

LENTILS: THE NUTRITIONAL POWERHOUSE



Lentils are nutritionally dense & a top source of sustainable plant protein

In a 1/2 cup serving of cooked lentils:

**12 GRAMS
PROTEIN**

**9 GRAMS
FIBER**

Slow release carbohydrates = Curbs appetite & keeps you full longer



SLAMMIN' SPANISH BURGER

Prep Time: 20 minutes

Total Time: 30 minutes

Servings: 14

Ingredients:

1 lb (500 g) split red lentils, cooked, drained, pureed
1 lb (500 g) mushrooms, roasted, pureed
1 lb (500 g) ground beef
1 cup (250 mL) onion, chopped, sauteed
4 Tbsp (60 mL) garlic, chopped, sauteed
1 tsp (5 mL) salt
¼ cup (60 mL) oregano, chopped
3 Tbsp (45 mL) smoked paprika
14 each, lettuce leaves
14 each, half red pepper, fire roasted
3 ½ cups (875 mL) orange rosemary aioli*
14 each, burger buns

Directions:

1. Combine lentils, mushrooms, and beef.
2. Add onions, garlic, salt, oregano, and paprika. Form 14 x 4 oz patties.
3. Grill patties on a flat top.
4. For each burger, place patty on bottom half of burger bun and top with 1 lettuce leaf, half of a roasted red pepper and 2 oz (55 mL) aioli.

*To make Orange Rosemary Aioli:

In a small mixing bowl, combine:
3 ½ cup (825 mL) low-fat mayonnaise
3 Tbsp (45 mL) finely chopped rosemary
2 Tbsp (30 mL) orange juice
2 Tbsp (30 mL) garlic puree
1 tsp (5 mL) salt
2 tsp (10 mL) orange zest



ROCKIN' MOROCCAN BURGER

Prep Time: 20 minutes

Total Time: 30 minutes

Servings: 14

Ingredients:

1 lb (500 g) lentils, whole red, cooked, pureed
1 lb (500 g) mushrooms, roasted, pureed
1 lb (500 g) ground beef
1 cup (250 mL) onion, chopped, sautéed
1/4 cup (60 mL) garlic, chopped, sautéed
1/4 cup (60 mL) mint, chopped
1/4 cup (60 mL) basil, chopped
1/4 cup (60 mL) flat leaf parsley, chopped
1 tsp (5 mL) salt
2 qts spinach leaves
14 slices tomato
3 1/2 cups (875 mL) lemon za'atar aioli*
14 burger buns

Directions:

1. Combine pureed lentils and mushrooms with ground beef.
2. Add sautéed onions, garlic, mint, basil, parsley, and salt.
3. Form 14 4 oz patties.
4. Grill on a flat top to desired burger doneness.
5. To build the burger, top bun with a patty, 1/2 cup (125 mL) spinach leaves, a tomato slice, and 2 oz of aioli.

*TO MAKE LEMON ZA'ATAR AIOLI:

In a small mixing bowl, combine:
3 1/3 cups (825 mL) low fat mayonnaise
3 Tbsp (45 mL) za'atar
2 Tbsp (30 mL) lemon juice
2 Tbsp (30 mL) garlic puree
1 tsp (5 mL) salt



LENTIL SALMON BURGERS

Prep Time: 20 minutes

Total Time: 30 minutes

Servings: 4

Ingredients:

1 lb (500 g) skinless salmon fillet
2/3 cup (150 mL) cooked split red lentils
1/3 cup (75 mL) fresh or dry breadcrumbs
1 green onion, finely chopped
1 egg, lightly beaten
1 Tbsp (15 mL) lemon juice
1 tsp (5 mL) whole grain mustard
to taste, salt and pepper
canola oil, for cooking

4 wholewheat burger buns

OPTIONAL TOPPINGS:

mayonnaise, thinly sliced cucumber, tomato, spring greens

Directions:

1. Finely chop the salmon and transfer to a large bowl. Add lentils, breadcrumbs, green onion, egg, lemon juice, mustard, salt, and pepper and stir to combine.
2. Set a heavy skillet over medium-high heat and add a drizzle of oil to the pan. Gently drop small handfuls of the salmon mixture into the pan and flatten into a patty.
3. Cook for 4-5 minutes, or until deep golden on the bottom. Gently flip using a thin spatula, and cook for 3-4 minutes, or until golden on the other side. Serve on soft buns. Optionally spread with mayonnaise, and stack with thinly sliced cucumber, tomato, and spring greens.



LENTIL "MEATBALL" SLIDERS

Prep Time: 30 minutes

Total Time: 50 minutes

Servings: 9

Ingredients:

2 cups (500 mL) cooked green lentils
2 large eggs, lightly beaten
3/4 cup (175 mL) ricotta cheese
2/3 cup (150 mL) breadcrumbs
1/3 cup (75 mL) grated Parmesan cheese
2 Tbsp (30 mL) chopped fresh basil
2 Tbsp (30 mL) chopped fresh parsley
2 garlic cloves, minced
1 tsp (5 mL) lemon zest
1 tsp (5 mL) fennel seeds
1 Tbsp (15 mL) canola oil, plus more for brushing
3 cups (750 mL) your favourite tomato sauce
1 1/2 cups (375 mL) shredded mozzarella cheese
18 slider buns

Directions:

1. Place the lentils in a food processor and pulse until forming a chunky purée. Transfer to a large mixing bowl and add eggs, ricotta, breadcrumbs, Parmesan, basil, parsley, garlic, lemon zest, fennel, and oil. Mix well. Let sit at room temperature for 15 minutes.
2. Preheat oven to 400°F (200°C). Line a baking sheet with parchment paper.
3. Roll the mixture into balls approximately 1 1/4 -inch (3 cm) in diameter. Arrange them on the baking sheet, and brush with oil. Bake for 15-20 minutes, until the tops are golden, gently turning halfway through.
4. Heat your favourite tomato sauce in a large saucepan over low heat. Add cooked meatballs to the sauce and gently stir to coat. Heat until warmed through.
5. Brush the slider buns with oil and place on a baking sheet. Toast until golden. Remove from the oven. Place a lentil meatball and some sauce on one half of the slider bun. Add cheese on top of the meatball and on the plain, toasted bun. Place under the broiler until the cheese is melted. Place the top cheese bun on top of the meatball and serve immediately.



KIMCHEEZY BURGER

Servings: 35

Ingredients:

144 oz (4.5 kg) ground pork
72 oz (2.25 kg) split red lentils, cooked
18 oz (560 g) kimchi, drained and julienned
18 oz (560 g) cheddar cheese, finely shredded
3 Tbsp (45 mL) salt
2 Tbsp (30 mL) pepper
4 oz (114 mL) canola oil
16 oz (500 g) shiitake mushrooms, sliced
8 oz (250 g) whole red lentils, cooked
4 tsp (20 mL) ginger, minced
4 tsp (20 mL) garlic, minced
10 Napa cabbage leaves
10 burger buns
20 oz (624 g) mayonnaise

Directions:

1. Mix pork, lentils, kimchi, cheddar cheese, salt, and pepper together in a bowl. Allow mixture to rest for 5-10 minutes. Form 35 patties and grill until an internal temperature of 160°F is reached.
2. Add canola oil, mushrooms, whole red lentils, ginger and garlic to a sauté pan and toss until tender and aromatic.
3. Brush the Napa cabbage leaves with canola oil, salt, and pepper. Grill on charbroiler for 2 minutes per side.
4. To build burger, toast both sides of bun and spread 2 oz of mayo on bottom half. Place patty on to bun, top with mushroom mixture, and top of bun. Serve.



CURRIED CHICKEN LENTIL BURGERS

Prep Time: 25 minutes

Total Time: 40 minutes

Servings: 6

Ingredients:

3 Tbsp (45 mL) butter

1 small onion, finely chopped

1 small apple, cored, peel left on, finely chopped

2 garlic cloves, minced

1 tsp (5 mL) curry powder

1 tsp (5 mL) fresh thyme leaves

1 1/3 lb (600 g) ground chicken

1 cup (250 mL) cooked or canned green lentils, drained and rinsed

1/2 cup (125 mL) panko bread crumbs

1 Tbsp (15 mL) Dijon mustard

1 large egg

1 tsp (5 mL) sea salt

1/2 tsp (2 mL) ground black pepper
canola oil, for the grill

6 hamburger buns

Optional garnishes: aged white cheddar slices, bacon, tomato slices, lettuce, pickles, mayonnaise, mustard, ketchup

Directions:

1. Heat butter in a large skillet, over medium heat. Sauté onion and apple until soft, about 5 minutes. Stir in garlic, curry powder, and thyme, cook 2 minutes longer. Remove from heat.
2. Add ground chicken, lentils, panko, mustard, egg, salt, and pepper in a large bowl. Stir just to combine. Cover and refrigerate 1 hour.
3. Shape burgers into 6 patties.
4. Preheat and brush grill with canola oil. Cook burgers 6-7 minutes per side over medium high heat. Flip once. Cook until no longer pink in middle.
5. Serve on hamburger bun, and top with condiments as desired.



BEET & LENTIL SLIDERS

Servings: 12

Ingredients:

9 medium beets
2 Tbsp (30 mL) canola oil, divided
1 onion, diced small
3 garlic cloves, minced
2 Tbsp (30 mL) apple cider vinegar
2 1/2 cups (625 mL) cooked green lentils, divided
2 cups (500 mL) cooked brown rice
1/2 cup (125 mL) whole prunes
3/4 cup (175 mL) panko bread crumbs
2 tsp (10 mL) Dijon mustard
1 1/2 tsp (7 mL) smoked paprika
1 tsp (5 mL) ground cumin
1 tsp (5 mL) ground coriander
1/2 tsp (2 mL) dried thyme
1 tsp (5 mL) salt
1/4 tsp (2 mL) pepper
3 Tbsp (45 mL) canola oil, for frying

Directions:

1. Preheat oven to 400°F (200°C). Wash and scrub beets. Pat dry and place in a shallow roasting pan with 1 Tbsp (15 mL) of canola oil. Toss to coat. Cover with aluminum foil and roast for 50–60 minutes or until fork-tender. Remove from oven and let cool completely. Trim tops and bottoms off beets, then shred on a box grater.
2. Heat a medium frying pan over medium-high heat and add remaining 1 Tbsp (15 mL) canola oil. Stir in onion and sauté for 5–6 minutes, until onions are browned. Stir in garlic and cook 30 seconds. Stir in apple cider vinegar and scrape up all of the brown bits from the bottom of the pan. Remove from heat.
3. In the bowl of a food processor, add shredded beets, 2 cups (500 mL) lentils, rice, and prunes. Pulse just until the mixture is the consistency of ground beef. Be sure to leave some chunky bits for texture.
4. Add lentil mixture to a large bowl and stir in cooked onions, bread crumbs, mustard, paprika, cumin, coriander, thyme, remaining 1/2 cup (125 mL) lentils, salt, and pepper. Mix all together so everything is well incorporated. Cover and chill for at least 3 hours or overnight.
5. Heat a cast iron skillet over medium-high heat and add 1 Tbsp (15 mL) of canola oil. Scoop about 1/3 cup (75 mL) of burger mixture into your hand and press it into a patty about 3/4 inch (2 cm) thick. Add patties, about four or five at a time, to the hot skillet and cook for 2 minutes per side, until they have a nice crust on the bottom. Cover and cook another 4 minutes until they are cooked through. Remove to a baking sheet, and keep warm in a 200°F (100°C) oven while you cook the remaining burgers.
6. Build your own sliders with mayo, mustard, ketchup, cheese, lettuce, tomatoes, etc.



LET US KNOW HOW IT WENT!

Putting together a pop-up event, or maybe just hosted one? Let us know! Send us your pictures and let us know the feedback!

[INFO@LENTILS.ORG](mailto:info@lentils.org)

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