KIKKOMAN

# Lentil and bean burger with halloumi cheese and smoked plum BBQ sauce

Total time **120 mins** **20 mins** preparation time **40 mins** cooking time **60 mins** resting time

Nutritional facts (per portion):
**3,245 kJ / 775 kcal**

Fat: **22 g** Protein: **35 g**
Carbohydrates: **110 g**

## INGREDIENTS

**2 portion(s)**

**Burger buns:**

| | |
|---|---|
| **140 g** | plain flour |
| **5 g** | instant yeast |
| **1 tbsp** | sugar |
| **1** | small egg |
| **0.5 tsp** | salt |
| **60 ml** | water |
| **20 g** | melted butter |
| | Sesame seeds |
| **1** | beaten egg |

**Lentil and bean patty:**

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|---|---|
| **1** | small onion |
| **1** | clove of garlic |
| **40 g** | green lentils |
| **200 g** | red beans (tinned) |
| **1 tbsp** | tomato purée |
| **1 tbsp** | Kikkoman Naturally Brewed Soy Sauce |
| **1 tsp** | paprika |
| **0.5 tsp** | cumin |
| **25 g** | oat flakes |
| **1 tbsp** | psyllium husks |
| **1 tbsp** | chopped parsley |
| **3 tbsp** | olive oil |

**BBQ sauce:**

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|---|---|
| **50 ml** | water |
| **50 g** | smoked plums |
| **1 tsp** | vinegar |
| **1 tsp** | brown sugar |
| **1 tbsp** | Kikkoman Naturally Brewed Soy Sauce |
| **0.5 tsp** | mustard |
| **0.5 tsp** | cinnamon |

## PREPARATION

**Step 1**

**140 g** plain flour - **5 g** instant yeast - **1 tbsp** sugar - **1** small egg - **0.5 tsp** salt - **60 ml** water - **20 g** melted butter - Sesame seeds - **1** beaten egg
Mix the flour, yeast, sugar, egg, salt and water in a bowl and start kneading the dough. Add the butter and knead until smooth and soft. Set aside to rise. Shape the dough into 4 buns, brush with beaten egg, and sprinkle with sesame seeds. Leave to rise in a warm place. Once the buns have doubled in size, bake in a preheated oven at 200 °C for about 15 minutes.

**Step 2**

**1** small onion - **1** clove of garlic - **40 g** green lentils - **200 g** red beans (tinned) - **1 tbsp** tomato purée - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **1 tsp** paprika - **0.5 tsp** cumin - **25 g** oat flakes - **1 tbsp** psyllium husks - **1 tbsp** chopped parsley
Cook the lentils in 1 cup of water. Dice the onion and finely chop the garlic. Mix the drained lentils, beans, tomato purée, Kikkoman Soy Sauce, spices, oat flakes and psyllium husks in a bowl. Blend into a slightly coarse mixture. Add the chopped parsley and mix.

**Step 3**

**3 tbsp** olive oil
Shape the mixture into patties. Place on a baking tray lined with greaseproof paper, drizzle with olive oil and bake at 180 °C for about 20 minutes.

**Step 4**

**50 ml** water - **50 g** smoked plums - **1 tsp** vinegar -

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|---|---|
| **0.25 tsp** | chilli powder |
| **50 g** | ketchup |
| **15 ml** | brandy |

**Additionally:**

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|---|---|
| **100 g** | halloumi cheese |
| **0.5** | tomato |
| **1 handful** | of rocket salad |

**1 tsp** brown sugar - **1 tbsp** Kikkoman Naturally Brewed Soy Sauce - **0.5 tsp** mustard - **0.5 tsp** cinnamon - **0.25 tsp** chilli powder - **50 g** ketchup - **15 ml** brandy

Cover the smoked plums with water and simmer over a low heat for about 15 minutes until soft. Add the remaining ingredients and bring to the boil again. Purée into a smooth sauce, adding more water if necessary.

### Step 5

**100 g** halloumi cheese - **0.5** tomato - **1 handful** of rocket salad

Cut the halloumi cheese into 1 cm thick slices and grill them. Slice the buns and coat the underside with BBQ sauce. Place the patty, halloumi cheese, tomato and rocket salad on the bottom half. Cover with the top of the bun and serve immediately.