



Simple | Healthy | Delicious

Freekeh Burger

INGREDIENTS

1 large onion, finely chopped
2 medium carrots, grated
2 sticks celery, grated
2 tbs olive oil
2 large cloves garlic, crushed
1 1/2 cups cooked Nature's Earthly Choice Freekeh
1 tsp. ground cumin
1 tsp. ground coriander
1/4 cup parsley, chopped
1 egg
2 cups fresh bread crumbs
juice from 1/2 lemon
salt and pepper
flour for coating, oil for shallow frying



DIRECTIONS:

1. Fry onion, carrot, and celery in the oil until soft and lightly browned. Transfer to bowl and combine with garlic, Freekeh, cumin, coriander, parsley, and lemon juice. Add egg and process roughly in a blender until mixture binds together, then add bread crumbs, salt and pepper to taste, and refrigerate for 1 hour. Shape the mixture into burgers and lightly coat in flour. Fry in the oil, taking care when turning burgers over. Drain on paper towels and serve with salad greens.