



Turkish Hamburgers Suitable for celiacs

Ingredients:

Lentils

1 can

Bread crumbs

2 or 3 tablespoons

Olive oil

1 tablespoon

Finely chopped dehydrated garlic and parsley (provenzal)

1 tablespoon

Grated ginger

1 dash

Salt and pepper

to taste

Egg

1 unit

Corn Storch

1 teaspoon

Vegetable oil spray necessary amount

1 unidad

Preparation:

Process the lentils previously strained. Add the rest of ingredients and knead well.

Place the preparation in the BigCheff shaping it like a hamburger. Spray a little oil and microwave for 2 minutes to high.

Use gluten-free ingredients.

