



**Makes 12 burgers**  
**Preparation Time: 40 minutes**  
**Cook Time: 1 hours**

#### INGREDIENTS:

4 cups finely chopped potatoes  
2 cups finely chopped onions  
1 cup finely chopped red bell pepper  
1 cup shredded carrots  
7 cloves garlic, minced  
1 cup dry brown lentils  
1 tablespoon finely chopped fresh parsley  
1 tablespoon [ras el hanout seasoning](#)  
2 tablespoons lemon zest  
¼ cup + 1 tablespoon lemon juice  
½ cup chickpea flour  
½ cup tahini  
Sea salt, to taste  
Freshly ground black pepper, to taste  
4 large romaine lettuce leaves, torn  
2 large tomatoes, thinly sliced  
1 cucumber, thinly sliced  
12 large purple or green cabbage leaves, trimmed into 4-inch-diameter cups

## Lebanese Lentil Burgers in Cabbage Pockets

These hearty [lentil](#) burgers are flavored with ras el hanout, a North African blend of spices including cumin, ginger, coriander, and allspice, that will tantalize your taste buds. The patties also feature potatoes, [carrots](#), bell peppers, and onions to sneak in an extra serving of veggies and ensure the burgers don't fall apart when baked. Instead of sandwiching each patty between buns, these are served on a bed of crisp cabbage for a fresh twist on a cookout classic. Top each serving with fresh cucumber slices, a sprinkling of parsley, and a homemade tahini sauce for a Middle Eastern-inspired meal that's guaranteed to hit the spot.

**Tip:** Not sure where to buy ras el hanout? Look for it in your grocer's spice aisle, or you can make your own homemade version with this [ras el hanout recipe](#).

For more inspiration, check out these tasty ideas:

- [Pineapple Teriyaki Burgers](#)
- [Air-Fryer Portobello Burgers with Thousand Island Aioli](#)
- [New American Veggie Cheeseburgers](#)
- Or take a look at our full collection of [veggie burger recipes](#)

By Darshana Thacker Wendel

- 1 In a large skillet combine potatoes, onions, bell pepper, carrots, six of the minced garlic cloves, and ¼ cup water. Cook over medium 15 minutes or until potatoes are just tender.
- 2 Meanwhile, in a saucepan combine lentils and 3 cups water. Bring to boiling; reduce heat. Simmer, uncovered, 15 minutes or until lentils are tender. Drain any remaining water.
- 3 Add lentils, parsley, ras el hanout, lemon zest, and 1 tablespoon lemon juice to skillet. Mix well. Season with salt. Cook over medium 10 minutes or until all liquid has cooked off, stirring frequently. Remove from heat; let cool 10 minutes. Stir in chickpea flour.
- 4 Preheat oven to 350°F. Line a baking sheet with parchment paper.
- 5 Shape mixture into 12 patties, using ½ cup mixture per patty. Place on prepared baking sheet. Bake on middle rack in oven 40 to 50 minutes or until burgers are browned.
- 6 For Tahini Sauce, in a blender combine tahini, ¼ cup lemon juice, the remaining garlic, and ½ cup water. Cover and blend until smooth. Season with sea salt and freshly ground black pepper.
- 7 Place romaine, tomatoes, and cucumber in cabbage leaves. Top with burgers. Drizzle with Tahini Sauce. Sprinkle with additional chopped fresh parsley and, if desired, lemon zest.