

WALNUT LENTIL PATTIES

¾ cup toasted walnuts

1/3 cup breadcrumbs (make them yourself in a food processor from a nice bread)

3 cloves garlic, crushed

2 teaspoons ground cumin

2 teaspoons ground coriander

¼ to ½ teaspoon chilli flakes

½ teaspoon sea salt

pepper

1 400ml tin brown lentils

1 small onion, finely chopped

1 tablespoon olive oil

1 large egg



In a food processor, combine walnuts, breadcrumbs, garlic, onion, cumin, coriander, chilli flakes, 1/3 of the lentils, oil, salt and pepper. Process until finely ground and combined. Add the remainder of the lentils and the egg. Roll into balls and flatten. Makes 5 x 100g patties. Cook in a pan with 1-2 tablespoons oil (I use coconut oil) for 4-5 minutes on each side, and I would pop them in a 180 degree Celsius oven for another 15 minutes as well to fully cook through.

Serve with salad veges and homemade chutney.

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