

Spiced Lentil and Chickpea Patties

Preparation time: 30 mins

Serves: 4 people

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Categories:

Dinner Recipes, Quick & Easy, Lunch Recipes, Lunchboxes & Snacks, Vegetarian



Ingredients

- 2 tbsp olive oil
- 1 onion, diced
- 2 cloves garlic, crushed

- 1 tsp ground turmeric
- 1 tsp ground cumin
- 1 x 400g can chickpeas, drained and rinsed
- 1 x 400g can lentils, drained and rinsed
- ½ cup sunflower seeds
- ¼ bunch coriander
- 2 eggs, lightly beaten
- 2/3 cup wholemeal flour
- Pepper to taste
- Vegetable oil
- cucumber yoghurt, tzatziki or mango and avocado salsa, to serve

Method

Place a fry pan onto medium heat, add olive oil and diced onions. Cook until softened, stirring occasionally. Add garlic, turmeric and cumin and cook for a further 2-3 minutes while stirring. Place into a food processor, leave to cool. Add chickpeas, lentils, sunflower seeds, coriander, eggs and seasoning into the food processor. Blend until smooth. Transfer mix into a bowl, add flour, combine and form into 8 pattie. Place frypan onto medium heat, add vegetable oil and panfry patties on both sides until golden.

Notes

Perfect served with cucumber yoghurt, tzatziki or even a mango and avocado salsa.