

TASTE WITHOUT WASTE

Gingered-up Lentil & Chickpea Patties

Serves 4 – 6

Ingredients

2 tsp sunflower oil, plus extra for frying (about 3 tbsp)
1 onion, roughly chopped
1 ½ tbsp. fresh ginger, finely grated/minced
2 tsp garam masala
½ tsp paprika
½ tsp turmeric
Pinch chilli powder
250g (1 cup) red lentils, rinsed
1 bay leaf
4 slices wholemeal bread, toasted & left to cool for 10 minutes
400g tin chickpeas, drained & rinsed
1 egg, lightly beaten
Big handful (about ½ bunch) coriander leaves, stems and all, roughly chopped
1 tbsp parsley, roughly chopped
1 tbsp mint, roughly chopped
Salt and pepper
Rice flour to dust – you can substitute, yet I think it provides the best ‘crunch’

Method

Heat the oil in a small fry pan, sweat the onion over a medium – low heat until translucent (about 5 minutes). Add the ginger and spices and cook, stirring, for one minute or until fragrant. Set aside to cool slightly.

Place the red lentils and bay leaf in a small pot. Pour in sufficient water to cover by 2cm. Bring to a boil then reduce the heat and simmer for ten minutes or until just tender. Regularly skim off any froth or scum that rises to the surface. Drain the lentils, discard the bay leaf and rinse with cold water.

Tear the toasted bread into chunks and blitz in a food processor until the mixture forms coarse breadcrumbs. Transfer to a large bowl.

Transfer half of the lentils to the food processor and the other to the bowl containing the breadcrumbs. Add to the food processor the onion, chickpeas, egg, coriander, parsley and mint. Blend for a minute or until smooth, scraping down the sides halfway through.

Combine the blended mix with the lentils and breadcrumbs and season well with salt and pepper.

Tip approximately ¼ cup of rice flour onto a small plate/shallow bowl and have a larger plate ready for the rolled patties.

Divide the mixture into 12 portions. Lightly flour your hands, take one portion and shape it into a 1.5cm thick round. Coat with flour and transfer to the larger plate. Repeat with the remaining mixture.

Cover the patties with cling film and refrigerate for at least 20 minutes. Preheat the oven to 100C.

Heat a tablespoon of oil in a large frying pan and cook the patties in batches for 4 minutes on either side, or until nicely browned. Transfer to a plate or shallow baking dish and keep warm in the oven.

Serve with vegetarian gravy/sweet chilli sauce and natural yogurt/tahini garlic sauce, in a pita/as a burger/with sautéed veg/salad...the choices are endless!

Source: *A Taste Without Waste original.*
Printed from: www.tastewithoutwaste.com