

# LENTIL PATTIES ON WHOLEMEAL BRUSCETTA



## INGREDIENTS

### FOR THE PATTIES

625g lentils, green or red (dried)  
150 ml oil  
2 ½ onions, finely diced  
5g cumin seeds  
5 garlic cloves, crushed  
10g ginger, crushed  
10g curry powder  
2 ½ carrots, grated  
25g wholemeal flour  
Salt and pepper to taste  
25g sesame seeds  
25g sunflower seeds

### FOR THE DRESSING

½ cup low-fat plain yoghurt  
¼ cup lemon juice  
2 tbs tahini

### TO SERVE

10 slices Bruschetta, toasted and brushed with olive oil

## PREPARATION

Firstly, boil the lentils in salted water and once they are tender, drain, mash and blend them while they are still hot. Set this mix aside while you do the rest of the dish.

## METHOD

1. To make the dressing, place the yoghurt, lemon juice and tahini in a small bowl and stir to combine. Season with salt and freshly ground pepper, then set aside.
2. Sauté the onions, cumin seeds, crushed garlic and ginger on a high and then throw in the curry powder. Once you've got that delicious aroma heating up, mix in the grated carrots.
3. Take this mixture off the heat and let it cool just a little, enough to be able to handle it. Add this mixture together with the wholemeal flour, to the lentils, mix well and roll into individual patties.

PREPARATION TIME: 15 MINS

COOKING TIME: 20 MINS

SERVES: 10

4. Once you've formed the patties coat them in a mix of the sunflower and sesame seeds and pan fry them. Cook the patties for 2-3 minutes each side or until golden and warmed through.
5. Have your bruschetta toasted and brushed with olive oil to serve with the patties and the dressing.

## REHEATING, STORAGE & LEFTOVERS

- \* These patties can be reheated in the microwave quite easily.
- \* Store the leftovers in an airtight container in the fridge.
- \* Also store the dressing in an airtight container in the fridge.
- \* Use for lunches the next day.

## VARIATIONS & TIPS

- \* Try serving these with a fresh garden salad or tomato salsa for a variation.
- \* For a gluten free version, simply replace the wholemeal flour with almond meal, LSA or gluten free brown rice crumbs.

## NOTE

- \* Always look for organic ingredients to be sure you are avoiding additives. Check the label carefully to ensure there are no nasties in your ingredients.
- \* The high protein content makes this meal an ideal meat substitute.

Source: Futura Book