RECIPE

Vegeterian Lentil Patties



Prep time **40 minutes**

Cook time **20 minutes**

Makes **about 12 large patties**

Ingredients

- 1 cup **brown lentils**
- 3 sprigs fresh **thyme**
- 1 large **onion**, chopped
- 2 cloves **garlic**, finely chopped
- 1 **chilli**, finely chopped
- 1 **carrot**, grated
- ½ tsp ground **coriander**
- ½ tsp ground **cumin**
- 1 slice of **bread**, soaked
- 1 **egg**
- 2T **sesame seeds**
- ¼ cup **flour**
- **Salt** and **pepper**

Preparation

1. Rinse the **lentils** and add them to a large pot of boiling water with the sprigs of **thyme**. Boil for about 30 minutes, or until the lentils are soft. Drain and remove the thyme stalks.
2. Heat some **olive oil** in a pan, then saute the **onion, garlic,** and **chilli** until soft and fragrant. Add the **carrot, coriander** and **cumin** and remove the pan from the heat.
3. In a bowl, mix together the lentils and onion mixture. Squeeze the water out of the **bread** and add it in; along with the **egg, sesame seeds, flour,** and **salt** and **pepper** to taste.
4. Heat olive oil in a large pan over medium heat and form patties using your hands or a spoon. Watch them closely so that they don't burn, each patty will take a few minutes on each side - flip it once it's got a few darker spots.

Notes

Best served with tzatziki, a fresh roll, and a garden salad. These freeze very well; defrost in microwave and finish off in pan.