

Spiced Lentil and Chickpea Patties



Preparation time: 30 mins

Serves: 4 people

User Rating: ★★★★★

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Categories: Quick & Easy, Dinner Recipes, 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

1. Place a fry pan onto medium heat, add olive oil and diced onions. Cook until softened, stirring occasionally.
2. Add garlic, turmeric and cumin and cook for a further 2-3 minutes while stirring. Place into a food processor, leave to cool.
3. 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.
4. 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.

Nutritional Information

Serving size	Energy	Protein	Total fat	Saturated fat	Carbs (total)	Carbs (sugar)	Sodium	Fibre
292g	2130kj 509kcal	24.6g	20.6g	2.9g	48.7g	4.3g	296mg	15.7g

All nutrition values are per serve.