

Lentil and potato burgers



Method

1. Cook lentils in medium saucepan of boiling water, uncovered, about 8 minutes or until tender, drain. Squeeze excess liquid from lentils.
2. Heat oil in large frying pan, cook potato, carrot and garlic, stirring, until potato is tender.
3. Add onion, curry and cumin; cook, stirring until fragrant.
4. Combine lentils, potato mixture, flour, seeds and egg in medium bowl, mix well.
5. Shape mixture into 8 patties; coat in breadcrumbs.
6. Place patties on oven tray and bake for 30 minutes or add small amount of oil to a fry pan and cook until brown in pan.
7. Serve warm or cold with yogurt or hommus or relish with and chopped fresh herbs and salad or make it up as a vegetarian burger.

Tips

Freeze in portions of one or two patties so that you can eat as you like.

A good idea to double the recipe if you are planning to freeze.

You can also add a range of other vegetables such as chopped silverbeet, kale or even finely chopped broccoli depending on what is in season.

GREAT FOR FREEZING IN PORTIONS

DIFFICULTY	Easy
PREP. TIME	20 mins
COOKING TIME	10 – 30
SERVES	8 patties

INGREDIENTS

- 1 cups (200g) red lentils
- 2 teaspoons vegetable oil
- 2 potatoes, chopped finely
- 1 medium carrot, grated coarsely
- 1 medium zucchini or capsicum finely chopped
- 1 cup of peas (optional)
- 1 clove garlic, crushed
- 2 onions, chopped
- 3 teaspoons mild curry powder
- ½ teaspoon ground cumin
- ⅓ cup (50g) Plain Flour
- ¼ cup sesame seeds
- 1 egg, beaten lightly
- ½ cup packaged breadcrumbs
- ½ cup of parsley
- 1 tablespoon olive oil

EQUIPMENT

- Electric fry pan or stove pan
- Saucepan for cooking lentils
- Saucepan
- Colander
- Tongs
- Knife
- Chopping board