Lentil patties

Preparation time

30 minutes

Cooking time

4 hours and 15 minutes

Serves

4-8

Recipe courtesy of

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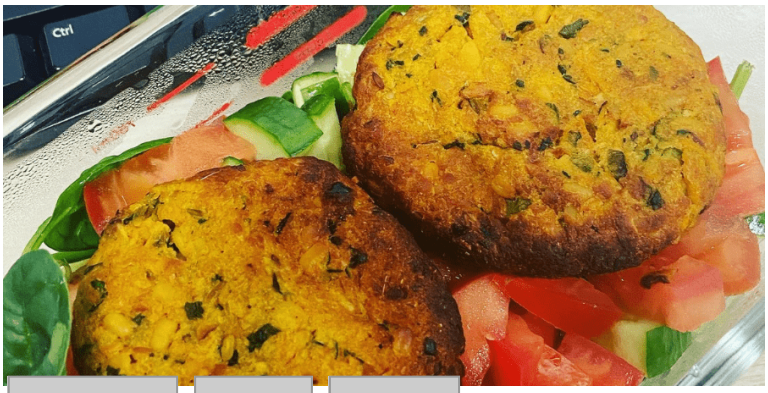

Ingredients Method Nutrition

½ cup yellow moong

200g cottage cheese/paneer

2 medium carrots

2 medium zucchini

Handful coriander

2 medium green chilies (optional)

½ tsp salt

½ tsp black pepper

½ tsp turmeric

½ tsp red chili powder

½ tsp dry mango powder

Oil – for cooking

1. Use recipe for dhal (yellow moong). Wash and soak ½ cup of raw dhal in 4 cups of water for 3-4 hours.
2. After soaking, drain water.
3. In a pan, place the soaked dhal with 2 cups of water, salt, turmeric, oil, and pepper.
4. Cook on low heat for 15 minutes and cover as required. Make sure to cook out all of the water and leave to cool.
5. Grate paneer/crumble cottage cheese in a bowl. Grate carrots and zucchinis, making sure to strain out all excess liquids using a dry clean cloth or sieve.
6. Finely chop fresh coriander leaves and green chilies.
7. In a bowl, combine all ingredients and season with salt, pepper, red chili powder and dry mango powder.
8. Rub a drop of oil in the palm of your hand, scoop half a cup of dhal mixture into the palm and roll into round patties. This should make 8 patties in total.
9. Store patties in the fridge until firm.
10. For cooking, you can shallow fry the patties until evenly cooked and brown. You could also air fry for 10-15 minutes or bake in the oven until lightly browned.

Tips: Serve with baby spinach, cucumber and tomatoes. Use this recipe to make wraps, or delicious sandwiches for lunch or afternoon snacks.

Nutritional information is provided per serve

Engery	691kJ (165 calories)
Protein	11g
Saturated Fat	2g
Total Fat	5g
Carbohydrates	12g
Sugars	8g
Dietary Fibre	12g
Sodium	483mg