

RECIPE

Lentil Patties



Ingredients:

½ C dry lentils
1 onion, roughly chopped
½ C parsley or cilantro
1 tsp ginger, grated
¼ tsp cumin
¼ tsp red chilli flakes
2-6 Tbsp flour
2 Tbsp canola oil
Salt and pepper to taste
Flour for coating

Cucumber Sauce:

1 cucumber
2 C yogurt
1 tsp dry mint

Directions:

Wash lentils and cook in water for 10 minutes or until the lentils are soft but not mashed. Drain off any excess water.

Blend ginger and onion in a food processor, pulse until finely chopped, add lentils, parsley/cilantro, cumin and chilli flakes, season with salt and pepper. Pulse a few times until the mixture begins to form a paste, add flour and knead by hand. Shape the lentil mixture like a disc, coat with flour. Heat oil in a pan, cook lentil pattie on both sides.

Serve hot with cucumber sauce.

Cucumber Sauce:

Grate cucumber, combine with yogurt and dry mint, refrigerate before serving.

Source: Senses 2, Series of Dining from our Products, Kuwait Flour Mills and Bakeries Co.

