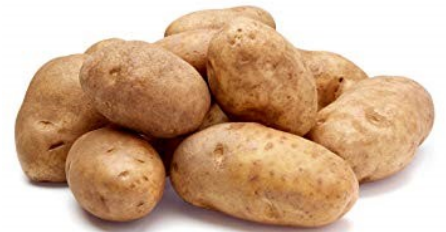


Potato and Lentil Patties

Ingredients:

- 1 400g can lentils, rinsed and drained well
- 3 potatoes
- 2 carrots
- 2 cloves garlic, crushed
- 3 spring onions, finely sliced
- 1 teaspoon curry powder
- ½ tsp ground cumin
- 1/3 cup plain flour (corn flour for gluten free)
- ¼ cup sesame seeds
- 1 egg, lightly beaten
- ½ cup bread crumbs (polenta for gluten free)



What to do:

- 1) Preheat oven to 200c.
- 2) Peel potatoes and carrots then grate coarsely.
- 3) Heat large frying pan with a drizzle of oil.
- 4) Cook potato, carrot and garlic, stirring until potato is tender.
- 5) Add spring onion, curry and cumin, cook until fragrant.
- 6) Squeeze liquid from lentils and combine in large bowl with potato mixture, flour, seeds, and egg. Mix well and season.
- 7) Roll mixture into balls and coat in crumbs.
- 8) Place balls in the fridge and do a thorough clean up.
- 9) Arrange balls on oven tray and spray with oil.
- 10) Bake for 30mins until golden.

