



LENTIL AND WHITE BEAN PATTIES WITH AVOCADO AND CHERRY TOMATO SALSA

1 onion, chopped
5ml minced garlic
30ml freshly grated ginger
500ml milk
250ml dry lentils (or tinned lentils drained) *
1 tin (410g) cannellini beans, drained (reserve liquid)
125ml coriander, chopped
125ml mint, chopped
125ml parsley, chopped
150g breadcrumbs
coarse salt and black pepper
rice flour for dusting
30ml olive oil

Place onion, garlic, ginger and milk in a pot. Bring to a boil. Add lentils and simmer covered over medium heat for 15 minutes. Remove lid and simmer again on very low heat for about 15 minutes or until lentils are thick. Drain and pour them into a bowl.

Add beans, herbs, crumbs and seasoning. Mash gently with a fork or masher.

Gently form into 10 round patties, dust with rice and flatten them gently.

Heat some olive oil in a medium frying pan and cook patties on both sides until golden. Remove and drain on paper towel.

AVOCADO AND CHERRY TOMATO SALSA

½ large avocado, diced
10 cherry tomatoes, diced
30ml coriander, chopped
30ml lime juice
olive oil
coarse salt and black pepper
10ml toasted sesame seeds

Mix avocado, tomatoes, coriander, lime juice and olive oil together. Season with salt and pepper.

Spoon salsa onto patties just before serving. Top with toasted sesame seeds.

Makes 10 patties