

Spiced Walnut Lentil Patties

These patties. They are just the best. Plate them up with some roasted veg and a salad or pack them along as I did on your next hike. Consider precooking the lentils and rice to cut down on the last minute prep or prepare the full mixture and allow to sit overnight in the fridge. You can top these any way you like but I am partial to the avocado mayo that follows.

Ingredients

- 1/2 cup chopped red onions
- 1/3 cup walnuts, ground
- 1 bunch of fresh cilantro finely chopped
- 3/4 tsp each of ground cumin and coriander
- A pinch or two of cayenne
- 1 tea of sweet or smoky paprika
- 1/2 tsp garam masala
- 3/4 cup cooked brown or white rice
- 1 1/2 cups cooked brown lentils
- 2 Tbsp tomato paste
- 1 flax egg 1 tbsp flaxseed meal mixed in 2.5 tbsp warm water, let sit for 2 minutes
- 4 or more tbsp gf ground breadcrumbs or chickpea flour to firm up the mixture
- Salt and pepper to taste
- Olive oil for cooking patties

Instructions

1. Saute onion until soft. Add ginger, walnuts, and cilantro.
2. Mix well and add to the food processor with spices, salt, basil, rice, half of the cooked lentils, and pulse a few times until well combined. Transfer to a bowl with the rest of the lentils.

3. Add tomato paste, oil, flax egg, and mix everything with your hands or heavy wooden spoon until evenly mixed in. Mashing a bit if needed.
4. Adjust seasonings as needed. Add in the breadcrumbs or flour.
5. Let the mixture chill for 10 minutes.
6. Add in more flour or breadcrumbs if too moist to form into patties.
7. Heat a skillet over medium-high heat. Add just a splash of oil and spread it around. Once oil is hot place patties on the skillet and cook for 4 to 6 minutes per side.
8. Serve with your favorite sauce, sriracha mayo, or try this avocado-ranch.

Inspired by Vegan Richa