

Good Enough 2 Eat

TELEVISION ABOUT FOOD, GOOD FOOD. FOOD GOOD ENOUGH TO EAT!



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Lentil Patties

You'll need:

- 1 small onion, finely chopped
- 420g tin lentils, drained (or 2 cups of cooked lentils)
- 1 teaspoon marmite
- 2 tablespoons crunchy peanut paste
- 1 tub tomato paste
- ½ teaspoon salt
- ½ teaspoon mixed herbs
- ½ teaspoon dried basil leaves
- 1 cup grated carrot
- ½ cup finely chopped celery
- 1 cup dry breadcrumbs
- 2 cups cooked brown rice
- ½ cup dry breadcrumbs (extra)
- 1 egg, beaten



Here's what to do:

Mix all ingredients together, except extra breadcrumbs and egg. Use these last two ingredients for rolling patties in and fry in oil until golden brown. Drain on paper towels and serve hot or cold.

