

Lentil patties

Makes 12 patties

Ingredients

- 1 medium sweet potato
- 1 x 400g can brown lentils, no added salt
- 1 x 400g can chickpeas, no added salt
- 1 x 400g can corn, no added salt
- 2 tablespoons olive oil
- 1 onion
- 1 clove garlic
- 1 tablespoon curry powder
- ½ cup dried wholemeal breadcrumbs



Method

1. Peel and dice sweet potato. Drain and rinse lentils, chickpeas & corn.
2. Finely chop onion and crush garlic clove. Set aside.
3. Place sweet potato into a microwavable dish and add 1 tablespoon of water. Microwave for 6 minutes or until soft. Drain any excess liquid.
4. Mash cooked sweet potato until smooth. Add lentils, chickpeas and corn and roughly mash to combine.
5. Heat half of the oil in a fry pan and cook onion, stirring, for 3 minutes or until softened. Add curry powder and garlic, cook for a further 1 minute or until fragrant.
6. Add onion mixture to the mash mixture and stir to combine.
7. Using clean, wet hands, shape mixture into 12 small patties. Coat the patties in breadcrumbs. Add to a plate and refrigerate for 15 minutes.
8. Heat the remaining oil in a fry pan and cook patties in batches, for 3-4 minutes each side.
9. Serve warm or cool.

NUTRITION INFORMATION		
Servings per recipe: 12 small		
Average serving size: 161g		
	Per serve	Per 100g
Kilojoules (kJ)	780	484
Protein (g)	7.9	4.9
Total fat (g)	5.5	3.4
- Saturated fat (g)	0.8	0.5
Carbohydrates (g)	24.6	15.3
- Sugars (g)	6.5	4.0
Fibre (g)	7.0	4.4
Sodium (mg)	35	22

Tip: To serve with a delicious dipping sauce, simply combine 1 clove of crushed garlic and 1 tsp lemon juice to 200g reduced fat Greek yoghurt.

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines