



Nurturing you through to health and happiness

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NATUROPATH AND REGISTERED NURSE

LENTIL BURGERS:

1 cup red split lentils (or green or brown- however you need to adjust cooking time accordingly)
1 tbsp macadamia oil
2 onions, sliced
1 tsp ground cumin
1 tsp ground coriander
1 tsp garam masala
425g can of chickpeas, rinsed and drained (or borlotti beans)
1 egg
¼ cup chopped fresh parsley
2 tsp chopped fresh coriander
1 ¼ cups organic brown rice flour (or stale gluten free bread crumbs)
Brown rice flour for dusting, if desired.

Coriander garlic cream:

½ cup plain yoghurt
3 cloves garlic, crushed
2 tbsp fresh chopped coriander
2 tbsp fresh chopped parsley

METHOD:

Add the lentils to a large saucepan of boiling water and simmer for 8 minutes, or until tender. Drain well.

Heat oil in pan and cook onion for 3 minutes, or until soft. Add the ground spices and stir until fragrant.

Place chickpeas, egg, onion mixture, and half the lentils in a food processor. Whiz for 20 seconds or until smooth. Transfer to a bowl.

Stir in remaining lentils parsley, coriander and flour/ breadcrumbs. Mix well.

Divide into 10 portions (or whatever suits your family).

Shape portions into patties. Toss patties in flour if desired.

Place in a hot, lightly greased frying pan and cook on each side for 3-4 minutes or until browned.

To make the Coriander garlic cream, mix together all the ingredients.

I like to make a big batch, and freeze half for another meal. Serve with loads of steamed vegetables.