

Almond Rissoles

Serves 2 – 6



Ingredients

50g (2oz)	red split lentils
6	shallots, peeled and finely chopped or 1 large onion
3	cloves garlic, chopped
½	red pepper finely chopped
100g	carrots, grated
100g	almonds, chopped finely – or ground (or use powdered, as a last resort)
75g	rolled porridge oats
2 tbsp	soy sauce
2 tbsp	plain flour
Large	handful of chopped fresh parsley
2	small/medium eggs
Oil	for frying
1 tsp	salt
1 tsp	ground black pepper



Keighley Healthy Living

How to make this recipe

- Put the lentils in a saucepan with half a chicken (or vegetable) stock cube and simmer for 10-15 minutes so they are just tender! Then put them in a bowl.
- Chop the garlic, shallots and red pepper finely. Grate the carrot finely and chop the almonds finely. Put all this in the bowl with the lentils, oats, soy sauce and salt and pepper.
- Mix the flour with the water and stir into the vegetable and lentil mix.
- Beat the eggs and stir them and the parsley into the mix.
- Let the mixture stand for half an hour, or as long as overnight, if you want to. *If the mixture is too sticky, just add a few more oats.
- Shape the rissoles into gold ball sizes and then squash them down into a pattie about 1.5cm thick.
- Shallow fry them on a medium heat, getting the outside crispy.

Serve: With a salad, or as part of a mezze.

Sauces: Raita, soy or a sweet chilli sauce work well.

KHL top tips:

- Would make a great veggie burger with a wholemeal bun and cheese.

