

LENTIL PATTIES GF DF Low
Gluten Free, Dairy Free, low Salicylate

Ingredients:

3-4 cups of cooked lentils (brown, green or red)
(about 1 ½ - 2 cups raw) or 2 large cans of lentils
½ large leek, diced
2 cloves garlic
1 potato, peeled, boiled and mashed
oil
1 cup gluten free crumbs (GF bread, rice bran, rice crumbs, crushed GF cereal)
¼ cup chopped parsley
2 Tbsp cashew nut paste
salt
1 egg, lightly beaten



Method

- Boil the lentils in water for about 20 minutes, or until soft. (Canned lentils do not require boiling)
- Put the leek, garlic and about 1 tablespoon of oil into a saucepan & cook until soft, on a moderately high heat, set aside to cool
- Drain the water off the lentils, when cooked, and put them in a large bowl
- Add the gluten free crumbs
- Add the leek mixture and mashed potato
- Add the parsley, cashew paste and salt to taste
- Add the egg and combine all of the ingredients
- Form the mixture into 5cm round patties

Cook:

- Heat a fry pan
- Add enough oil to cover the bottom of the pan
- When the oil is hot add patties
- Cook for about 5 minutes and then turn the patty over for another 5 minutes
- Remove them from the pan and repeat with the next lot.

NB:

- This recipe can be frozen after they are cooked and defrosted individually as required
- (after challenging results are in) If not very salicylate sensitive you can increase the omega 3 fat content of the dish by adding 4 tablespoons of ground flax/linseeds