



# LENTIL PATTIES

Serves: 10 Ready in: 35 mins Cost per serve: \$1.50

Includes 2 burger buns and 1 handful of salad mix



## Ingredients

840g cooked or canned brown or green lentils  
1 tsp garlic, minced  
2 tsp soy sauce  
2 tbsp tomato passata  
1½ cups quick-cooking oats  
½ tsp smoked paprika (optional)

## ✓ Tips

If available, add herbs such as coriander, cumin or curry powder to season patties.

Patties can be made in bulk and frozen for up to 1 month.

## Directions

1. Preheat oven to 190°C. Line a large baking tray with baking paper.
2. Place all ingredients, except for oats, in a bowl. Mix and mash well with a fork, leaving some whole lentils for texture.
3. Stir in quick-cooking oats until well combined. Shape mixture into 10 even-sized patties and place on the baking tray.
4. Bake patties for 15 minutes. Then, flip them over and bake for a further 10 minutes.
5. Remove tray from oven and allow to cool. Serve on buns with assorted toppings, or as an accompaniment to salad.

