

## Lentil & Chickpea Patties

### Ingredients

2 tbsp olive oil  
1 onion, diced  
2 cloves garlic, or 1-2 tbsp minced garlic  
1 tsp turmeric  
1 tsp cumin  
400g can chickpeas, rinsed & drained  
400g can lentils, rinsed & drained  
½ cup sunflower seeds  
Small bunch coriander, optional  
2 eggs, lightly beaten  
2/3 cup wholemeal flour  
Pepper



### Method

1. Heat a non-stick fry pan on medium heat. Add olive oil and onions. Stir until lightly browned.
2. Add the garlic, cumin and turmeric and cook for 2- 3 minutes while stirring. Set aside in a small bowl to cool.
3. Add chickpeas, lentils, sunflower seeds, coriander, eggs, and pepper into a food processor. Add herbs/spices mix above. Blend until smooth.
4. Transfer the mixture into a large mixing bowl. Add flour and combine to form 8 patties.
5. Place fry pan back onto medium heat, spray with olive oil, and cook patties on both sides until golden. Serve and enjoy!

Source:

Recipe and image derived from: <https://www.heartfoundation.org.au/recipes/spiced-lentil-and-chickpea-patties>