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Spicy lentil and walnut patties with lemon mayonnaise

Ingredients

200g cooked rice 3-4 tablespoons of olive oil
1 shallot
A small piece of ginger
1 fat clove of garlic
Half a red chilli
1 stick of celery
100g walnut halves
100g button mushrooms
A handful of fresh coriander
A handful of fresh parsley
1 carrot
400g can of cooked green lentils
Half a teaspoon of garam masala
Half a teaspoon of ground coriander
Half a teaspoon of cumin
A good pinch of cayenne pepper
Salt and black pepper
1 large egg
Plain flour
Light mayonnaise
1 lemon

Preparation

1. 1. First cook the rice, brown or white, and allow it to cool
2. you need about 200g cooked weight. 2. To prepare the vegetables, nuts and herbs, peel and chop the shallot and the ginger very finely, then peel the garlic. Deseed and chop the red chilli. Chop the celery finely then peel and grate the carrot. Wipe and cut the mushrooms into small pieces. Chop the walnuts quite finely too. Finely chop the coriander and parsley leaves.
3. 3. Heat a tablespoon of oil in a large saucepan and cook the shallot over a low heat, stirring, for 2 minutes, then add the ginger, crushed garlic, celery and red chilli and cook for another 3 minutes.
4. 4. Add the walnuts, mushrooms and the fresh coriander and parsley and cook gently for a further 2-3 minutes.
5. 5. Turn off the heat then stir in the grated carrot, cooked rice and half of the drained canned lentils. Add the garam masala, ground coriander, cumin and cayenne pepper, season with salt and black pepper, and mix well together. Transfer to a food processor and pulse several times.
6. 6. Tip the mixture into a large bowl then combine with the rest of the lentils. Add a beaten egg and a tablespoon or two of olive oil to bind everything together then check the seasoning.
7. 7. Sift some plain flour into a shallow bowl. Use your hands to shape the mixture into patties of the desired shape and size then dip into the flour and flip over to lightly coat on both sides.
8. 8. Heat the oven to 180 degrees or 160 degrees fan oven. Lightly oil a baking sheet and warm in the oven.
9. 9. Heat a tablespoon of olive oil in a frying pan and quickly fry the patties in the hot oil for just 2 minutes on each side to brown them before transferring to the baking sheet. [Do handle them carefully so that they don’t fall apart.] Bake for about 20 minutes.

10 10. To make the lemon mayonnaise, simply mix finely grated zest of lemon into a small bowl of mayonnaise then add lemon juice to taste.

Cooks Note

These lentil and walnut patties are crunchy and really tasty, made with vegetables, herbs, spices and fresh chilli for flavour.

They are really versatile, as you can serve them in many different ways. Make tiny ones to serve as an appetiser, on a bed of watercress with a dollop of lemon mayonnaise; slip larger patties into burger buns, topped with melted cheese, caramelised onions and mustard or ketchup; or serve them as a delicious vegetarian main meal with a crisp mixed salad and individual dishes of lemon mayonnaise, or perhaps a spicy tomato salsa.