



Vegan lentil patties

Here, crispy vegan lentil fritters meet a delicious zucchini and rocket salad, refined with spicy tahini paste.

Zutaten

2 Portionen

Ingredients Lentil patties

125 g Lentils, red

2 EL Flour, heaped

0.25 Onion, red

1 Chili

1 Garlic clove

0.5 TL Cumin

Byodo sea salt

Pepper

Byodo frying oil rapeseed

Zucchini salad ingredients

2 small zucchini

70 g Rocket

40 g Tahini paste

1 TL Lemon juice

1 TL Natural yogurt or vegan alternative

fresh cress

Hemp seeds

Zubereitung

Preparation of lentil patties

Cook the lentils according to the packet instructions and place in a bowl. Add the flour as well. Peel and finely chop the garlic, chili and onion. Add to the lentils together with the cumin. Season the mixture with salt and shape into patties with wet hands. Fry the rapeseed in a little frying oil in a pan.

Preparation of zucchini salad

Twist the zucchinis through a spiral slicer. Place in a large salad bowl or platter with the rocket. Mix the tahini paste with the lemon juice, natural yogurt and water until smooth. Season well with salt and pepper. Mix half of the dressing with the zucchini and rocket.

Serve the lentil fritters on top of the salad, sprinkle with fresh cress and hemp seeds and serve with the rest of the dressing.