

South Indian Lentil Cakes

Ingredients

½ cup mixed dried lentils
½ cup dried mung beans
2 garlic cloves
2 tsp fresh ginger, chopped
½ jalapeno, seeded, minced
1 cup baby spinach, chopped
½ cup fresh cilantro, chopped
½ cup sweet onion, chopped
3 Tbsp fresh mint, chopped
1 tsp salt
1 tsp black pepper

Directions

1. Place lentils and mung beans in a bowl and cover with water for 3-5 hours or overnight
2. Drain beans and put into a food processor or magic bullet along with garlic, ginger and jalapeno.
3. Process until you form a grainy paste
4. In a medium sized bowl; add paste, spinach, cilantro, onions, mint, salt and pepper and mix until well combined with a spoon
5. Heat 2-3 Tbsp of coconut or olive oil in a skillet over medium heat
6. Using a muffin cup, press mix into the bottom of a cup about ¼ - ½ inch thick.
7. Flip muffin cup over skillet to ensure it holds shape
8. Sauté until golden brown on both sides, about 3-5 minutes per side
9. Serve with choice of sauce