



## The Ultimate Vegetable lentil loaf, or burger patties.



## Te Awa Kairangi Kai Collective

### To make egg substitute

**Flax seed:** 1 tablespoon freshly ground flax seed + 3 tablespoons warm water

**Chia seeds:** 1 tablespoon chia seeds + 3 tablespoons water

Soak flax or Chia seed in water until it forms a thick gel, about 5 to 10 minutes, to make a “flax or chia egg”

\*Contains milk, cereals containing Gluten (eg wheat)

\*\* May contain traces of nuts

Packed in a facility that also processes Sulphates, Cereals containing gluten (EG Wheat), eggs, milk, milk products, Peanuts, tree nuts, Sesame seeds/ Sesame products, Soybeans/ Soy products, Lupin

**About this recipe. A wonderfully flavoured lentil loaf for the whole whanau. The leftovers make great sandwiches too! Or shape them into patties and shallow fry them. Delicious.**

### Ingredients

1 tin brown lentils

2 ½ cups vegetable broth

1 egg or egg substitute

3 cloves garlic

1 onion

2 cups vegetables (Carrots, zucchini and celery) finely chopped

$\frac{3}{4}$  cup of oats

$\frac{1}{2}$  cup flour

2 teaspoons thyme

1 teaspoon cumin

Topping 3 tablespoons of your favourite tomato sauce , relish or chutney.

## Method

Prepare lentils: Rinse the lentils, remove odd pieces. In a large pot add 2  $\frac{1}{2}$  cups water/broth with lentils. Bring to a boil, reduce heat, cover and simmer for about 35 – 40 minutes, stirring occasionally. It's ok if they get mushy, we are going to roughly mash them.

Preheat the oven to 350 degrees.

Make a flax egg substitute if using.

Saute vegetables & spices: In a saute pan heat oil or water over medium heat. Saute garlic, onion, and vegetables for about 5 minutes. Add spices, mixing well to incorporate. Set aside to cool.

Mash the lentils: Using an immersion blender, food processor, back of a fork or potato masher.

Assemble lentil loaf: Combine all ingredients

Place mixture into a loaf pan lined with parchment paper, leaving it overlapping for easy removal later. Press down firmly filling in along the edges too. Or make it into patties.

Glaze: Spread evenly over top of the loaf.

Bake: Place in the centre of the oven, and bake in the oven for about 45 – 50 minutes. Let cool a bit before slicing.

Serves 8

With love from He Puawai Trust and Te Awa Kairangi Kai Collective team Please contact Debbie [stokesvalleykai@hepuawaitrus.com](mailto:stokesvalleykai@hepuawaitrus.com)

