

Pumpkin and Lentil Rissoles

Ingredients

- 1 butternut pumpkin
- 1 can of lentils
- 1 cup of green beans
- 1/2 cup flour or Korean pancake mix
- 1 tsp ground cumin
- 1 cup breadcrumbs

Method

1. Steam and mash the pumpkin, and then mash the lentils into it.
2. Chop the beans very small and stir them in.
3. Shape the mixture into rissoles and roll in breadcrumbs.
4. Fry until cooked through.

Revision #2

Created 9 December 2024 17:35:04 by Anna Pardee

Updated 25 January 2025 20:32:44 by Anna Pardee