

Black bean and lentil koftas

Lunch
Serves
10

Nutrition: protein, carbohydrates, calcium, fibre, selenium

Ingredients

- 400g tin black beans, drained
- 390g tin green lentils, drained
- 80g fine breadcrumbs
- 1 tbsp tomato puree/ paste
- Few sprigs fresh coriander, finely chopped
- 2 tsp smoked paprika
- 1 tsp ground cumin
- 1 tsp garlic paste
- Black pepper
- Oil
- 400g couscous
- Salad
- Mint yoghurt (dairy or plant-based alternative) sauce (optional)

Method

Add the lentils and tinned black beans (if using non-tinned beans, ensure you soak beforehand and cook thoroughly, raw beans can be dangerous otherwise) to a bowl. Mash with a potato masher or blender. It doesn't matter if some small lumps remain.

Add the breadcrumbs, tomato puree, coriander, paprika, cumin, coriander, garlic paste and black pepper. Mix thoroughly to combine.

With clean hands, form the mixture into 10 balls.

Place on a greased baking tray and spray lightly with oil.

Bake in the oven at 190°C for around 25 minutes, until browned and crispy. Serve with salad, mint yoghurt and couscous.

Known allergens*

Dairy, gluten

Substitutions

Dairy free yoghurt such as coconut yoghurt

Gluten free breadcrumbs and swap the couscous for quinoa



*We have listed all known allergens, however, always check the nutrition label as some brands content may vary.



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