

Lentil

Rolls



Burrum's

Favorites

Ingredients:

- 5 Cups Cooked Red Lentils
- 2 Onions
- 2 Carrots
- 1 Zucchini/ or Potato
- 1 Garlic Glove
- 1 tbsp Curry powder
- 6 slices Wholemeal Bread
- 6 puff pastry sheets

How to:

1.

Begin by rinsing the cooked lentils thoroughly and allowing them to drain well. Using a potato masher, gently mash the lentils, leaving a bit of texture for bite. Meanwhile, grate your choice of vegetables - such as carrots or zucchini - and squeeze out any excess moisture using your hands or a clean kitchen towel to prevent the mixture from becoming soggy.

2.

In a large mixing bowl, combine the grated vegetables with curry powder, garlic, and breadcrumbs. Add the mashed lentils and mix until everything is well incorporated and forms a cohesive filling. Unroll the puff pastry sheets and cut each one in half, giving you a total of 12 rectangles. With clean hands, shape the lentil mixture into twelve long, sausage like forms. Place one portion along the center of each pastry piece, then fold the pastry over the filling to enclose it, gently pressing the edges to seal. Arrange the rolls seam side down on a baking tray lined with parchment paper.

3.

To finish, brush the tops of the rolls with a lightly beaten egg yolk to create a rich, golden glaze. Bake in a preheated oven at 180° for about 30 minutes, or until the pastry is crisp and golden brown. Let them cool slightly before serving - perfect warm or at room temperature.



50min



180°C
30min



12

