

Pan Fried Lentil Nuggets

SERVINGS: 4
TIME: 20 MINUTES

INGREDIENTS



- 1 cup lentil/veggie mix or red lentils
- 2 eggs or 2 tablespoons ground flaxseed with 6 tablespoons water
- 1 tsp garlic powder
- 1 tsp chili powder
- 1 tsp dried oregano
- 1 tsp onion powder
- Salt and pepper to taste
- breadcrumbs, as needed
- 1/2 cup olive oil

adapted from: [tiktok.com/t/ZPRKffxsY/](https://www.tiktok.com/t/ZPRKffxsY/)



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PROCEDURE

1. Soak 1 cup of lentil/veggie mix or red lentils in water overnight
2. Drain lentils and add them to a food processor or blender
3. To the processor, add 2 eggs, and seasonings; puree mixture until combined and somewhat smooth
4. Take a spoonful of the lentil mixture and shape into a ball with your hands; add in breadcrumbs to hold the shape
5. Add the spoonful of mixture to a hot pan with the oil; Flatten out mixture to ensure even cooking
6. Flip them when they appear golden brown
7. When done, place over a paper towel on a plate to soak the excess oil
8. Serve and enjoy!

Note: If using ground flaxseed, combine with water and let sit for 5 minutes.

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