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Berlin im Sommer 1945 – Farbfotos zeigen die ersten Atemzüge einer zerstörten Stadt 📷📹



Author

Classic New Flavor

VEGAN SWEET POTATO PATTIES WITH RED LENTILS & SPICY AVOCADO CILANTRO SAUCE 🥑🍌🔥 absolutely delicious

INGREDIENTS:

For the Patties:

1 cup red lentils, rinsed
2 medium sweet potatoes, peeled and diced
1/2 onion, finely chopped
2 garlic cloves, minced
1/2 teaspoon cumin
1/2 teaspoon smoked paprika
1/4 cup chopped fresh cilantro
Salt and pepper, to taste
1/4 cup flour or breadcrumbs (for binding)
Olive oil, for cooking

For the Spicy Avocado Cilantro Sauce:

1 ripe avocado
1/2 cup fresh cilantro
1 garlic clove
1 tablespoon lime juice
1 small green chili or 1/2 jalapeño (adjust to heat preference)
Salt, to taste
Water as needed for desired consistency

INSTRUCTIONS:

STEP 1: COOK LENTILS & SWEET POTATOES

Place red lentils and diced sweet potatoes in a pot. Cover with water and bring to a boil. Reduce heat and simmer for 15–20 minutes until both are tender. Drain and let cool slightly.

STEP 2: PREPARE THE PATTIES

In a large bowl, mash lentils and sweet potatoes together. Add chopped onion, garlic, cumin, smoked paprika, cilantro, salt, and pepper. Mix well. Stir in flour or breadcrumbs to help bind the mixture. Form into small patties.

STEP 3: COOK THE PATTIES

Heat olive oil in a non-stick skillet over medium heat. Cook patties for about 3–4 minutes per side, until golden and crisp.

STEP 4: MAKE THE SAUCE

In a blender, combine avocado, cilantro, garlic, lime juice, green chili, and salt. Blend until smooth, adding water a little at a time to reach a creamy, spoonable consistency.

STEP 5: SERVE

