



VEGAN SWEET POTATO PATTIES WITH RED LENTILS & SPICY AVOCADO CILANTRO SAUCE



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For the Sweet Potato & Red Lentil Patties:

- 1 large sweet potato (about 1½ cups mashed)
- ¾ cup red lentils (uncooked)
- 1½ cups water (for cooking lentils)
- ½ cup oat flour (or use almond flour for grain-free)
- 1 small red onion, finely diced
- 2 garlic cloves, minced
- ¼ cup chopped fresh cilantro (or parsley)
- 1 tsp ground cumin
- 1 tsp smoked paprika
- ½ tsp turmeric
- ½ tsp salt
- ¼ tsp black pepper
- 1 tbsp olive oil (for pan frying; optional)



For the Spicy Avocado Cilantro Sauce:

- 1 ripe avocado
- ¼ cup fresh cilantro leaves
- 1 small jalapeño (seeded for less heat)
- 1 garlic clove
- 1 tbsp lime juice
- 2 tbsp olive oil or water (for thinning)
- Salt to taste

Substitutions:



- *Sweet potato:* Try mashed carrots or butternut squash.
- *Red lentils:* Yellow split peas work, though they take longer to cook.
- *Avocado:* Use plain hummus if avoiding avocado.
- *Gluten-free:* Ensure oat flour is certified gluten-free.

Step-by-Step Instructions

Step 1: Cook the Lentils

Rinse red lentils under cool water until it runs clear. Bring 1½ cups of water to a boil, add lentils, reduce to simmer, and cook uncovered for 10–12 minutes until soft but not mushy. Drain and cool.

Step 2: Prep the Sweet Potato

Peel and cube the sweet potato, then boil or steam until tender (about 10–15 minutes). Mash well and let it cool slightly.

Step 3: Combine the Patty Mixture

In a large mixing bowl, combine mashed sweet potato, cooked lentils, oat flour, red onion, garlic, cilantro, cumin, paprika, turmeric, salt, and pepper. Mix until fully incorporated. The texture should be firm enough to form into patties.

Step 4: Form the Patties

Scoop ¼ cup portions and shape into round, flat patties. Set them on parchment paper and chill in the fridge for 15–20 minutes to firm up.

Step 5: Cook the Patties

Heat a non-stick skillet or cast iron pan over medium heat. Add a bit of olive oil, then cook patties for 3–4 minutes per side until golden brown and slightly crisp.

Step 6: Make the Avocado Cilantro Sauce

Blend all sauce ingredients in a small food processor or blender until creamy. Add a splash of water or oil to adjust thickness as desired.

Step 7: Serve and Garnish

Serve warm patties topped with a generous spoonful of avocado sauce and extra cilantro for garnish. They're beautiful stacked and served with a fresh green salad or tucked into wraps.

Variations & Customizations

1. Classic Herb Version:

Skip the jalapeño and swap in parsley for a more traditional flavor. Add a dash of lemon zest to the patties for brightness.

2. Low-Calorie Option:

Bake the patties at 375°F for 20 minutes, flipping halfway. Use water instead of oil in the sauce for a lighter topping.