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Red Lentil & Goat Cheese Croquettes with Zesty Avocado Sauce

A delightful and filling vegetarian lunch.

Ingredients

Makes 12-14 croquettes (for 2-3 people)

Croquettes

5 oz	[150 g]	red lentils, rinsed
1½ cups	[375 ml]	water
1 tsp	[5 ml]	ground cumin
1		large slice of whole-grain bread, toasted and ground coarsely (about 1.75 oz / 50 g)
1.75 oz	[50 g]	soft goat cheese
2		finely sliced green onions
2 tbsp	[30 ml]	fresh coriander leaves, minced
¼ tsp	[5 ml]	each: kosher salt, ground black pepper
¼ cup	[125 ml]	dry breadcrumbs (fine)
2 tbsp	[30 ml]	sesame seeds

Sauce

½		avocado
2 tbsp	[30 ml]	freshly squeezed lime juice
2 tbsp	[30 ml]	extra-virgin olive oil
2 tbsp	[30 ml]	water
2 tbsp	[30 ml]	chives, finely sliced
2 tbsp	[30 ml]	fresh coriander leaves, minced
½ tsp	[2.5 ml]	sambal oelek (or finely chopped red pepper)
¼ tsp	[1.25 ml]	each: kosher salt, freshly ground black pepper



Method

To make the croquettes: Place the lentils, water and cumin in a medium saucepan. Bring to a boil, lower the heat to low and simmer for 20 minutes. Once done, pour the lentils in a colander and let drain for five minutes, stirring the lentils once or twice (but do not press down the lentils).

Preheat oven to 400°F (200°C).

Mix the lentils, bread, goat cheese, green onions and coriander. Season with salt and pepper. Mix breadcrumbs and sesame seeds in a large shallow plate. To form the croquettes, use two spoons to form loose balls (mixture will be soft), roll in breadcrumbs, tap to flatten like a croquette and transfer to an oiled baking sheet. Once all the croquettes are formed, bake for 20 minutes, turning after 10 minutes.

To make the sauce: Mix all ingredients in a mini food processor or a blender.

Serve warm croquettes with the sauce and a green salad.

Recipe Credit: Croquettes inspired by Cléa Cuisine / Sauce inspired by Kathleen Flinn

Photo Credit: Marie Asselin

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