



## From the Kitchen of Executive Chef Jessica VanRoo

### Lemongrass Lentil Kebab

Makes about 10-12 kebabs

#### Ingredients

- 1 cup red lentils, well rinsed and soaked overnight, or cook in 1¼ cup vegetable broth for 15 minutes and drain
- 1 small onion, diced
- 1 tablespoon finely grated lemongrass
- 2 cloves of garlic, finely chopped
- 2 teaspoons chickpea flour, more as needed
- 1 tablespoon ground flax seed
- 3 tablespoons fresh cilantro, chopped
- ½ teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon onion powder
- ½ teaspoon salt
- Pepper and red pepper flakes to taste
- Oil for cooking or air frying

#### Instructions

1. Combine the lentils with all the ingredients except cooking oil in a food processor.
2. Blend until the mixture is well combined; a few lumps are ok. Add more chickpea flour if needed to form the mixture. Form the mixture into 10-12 kebabs.
3. Heat a with a little oil and cook each kebab for about 3 minutes per side. If you want to bake them, brush the patties with a little oil and then place them on a cookie sheet. Preheat the oven to 400° F and cook for 20-25 minutes, flipping halfway through.