Spinach and Lentil Freezer Patties

8 small patties, 2 per portion · Active 25 min · Total 1 hr 10 min

Skills: Intermediate

Ingredients

- 4 packed cups baby spinach (120 g)
- 1 can cooked green lentils (15 oz/425 g), drained and rinsed
- 1/2 cup rolled oats (45 g)
- 1 large egg, beaten
- 1 small carrot, finely grated (60 g)
- 1 teaspoon ground cumin
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon fine salt
- 1/8 teaspoon ground black pepper
- 1 tablespoon neutral oil (15 ml)

Set out

Skillet for spinach, Mixing bowl, 10-inch nonstick skillet, Wide spatula, Food thermometer, Shallow tray

Allergens

Oats, Egg. Check labels and substitutions.

Make it

1. Wilt spinach in a skillet with 1 tablespoon water for 1–2 minutes. Drain, cool enough to handle, squeeze very dry in a clean towel and chop finely.

2. Mash half the drained lentils in the bowl. Add remaining lentils, spinach, oats, beaten egg, carrot, cumin, paprika, salt and black pepper. Mix well and refrigerate for 20 minutes.

3. Shape eight patties about 2 1/2 inches across and 1/2 inch thick. If the mixture is very soft, chill it a little longer rather than adding large amounts of oats.

4. Heat half the oil in the nonstick skillet over medium heat. Cook half the patties for 4–5 minutes per side, turning carefully, until golden and centers reach 160°F/71°C. Repeat with remaining oil and patties.

5. Serve or cool promptly in a single layer for refrigerated or frozen portions.

Build a meal around a known portion

Two patties can sit beside a grain salad, inside a roll or with cooked vegetables. Choose and pack those companions separately so the patties do not sit in a wet dressing for hours before the break.

A useful detail

A spatula should fit under the entire patty. Trying to lift a soft cake with a narrow spoon is more likely to break it.

Keep it well

Refrigerate within 2 hours, or 1 hour above 90°F/32°C, at 40°F/4°C or below for up to 3 days. Freeze cooled patties for up to 2 months. Thaw in the refrigerator and reheat to 165°F/74°C. Keep chilled packed portions with two cold sources.