Cumin Lentil and Rice Patties with Quick Carrot Pickle

6 small patties; 3 per serving with half the carrot pickle · Active 25 min · Total 50 min

Skills: Easy

Ingredients

• 1 1/4 cups cooked green or brown lentils, drained and cold (240 g)

• 1 cup cooked long-grain rice, cold (180 g)

• 1 large egg (50 g without shell)

• 3 tablespoons all-purpose flour (24 g)

• 1 teaspoon ground cumin (2 g)

• 1/2 teaspoon fine salt (3 g), divided

• 2 teaspoons neutral oil (10 ml)

• 2 medium carrots, coarsely grated (180 g prepared)

• 2 tablespoons cider vinegar (30 ml)

• 2 tablespoons water (30 ml)

• 1 teaspoon sugar (4 g)

Set out

Mixing bowls, Fork, Coarse grater, 12-inch/30 cm nonstick skillet, Broad spatula, Food thermometer

Allergens

Egg, Wheat. Check labels and substitutions.

Make it

1. Toss grated carrot with vinegar, water, sugar and half the salt. Cover and refrigerate while preparing the patties.

2. Mash half the lentils in a bowl. Fold in remaining lentils, cold rice, egg, flour, cumin and remaining salt. Rest for 10 minutes, then shape into 6 patties about 3 inches/7.5 cm across and 1/2 inch/1.3 cm thick.

3. Heat oil in the skillet over medium heat. Add patties in one uncrowded layer and cook for 4–5 minutes per side, turning carefully, until golden and their centers reach 165°F/74°C. Use two batches if your pan is smaller and allow extra time.

4. Serve three patties per person with half the chilled carrot pickle, draining it lightly with a fork.

Keep leftovers intentional

Set aside the measured plain rice and lentils from an earlier meal before adding a sauce. Cool promptly in shallow containers and label the date. A mixed pan of unidentified leftovers is harder to portion and cannot be assumed to have the same safe storage history.

A useful detail

The total includes the ten-minute binding rest and assumes cooked, cold grains are ready. If cooking rice and lentils from dry, add their package cooking times and safe chilling time before beginning.

Keep it well

Start with rice that was cooled promptly, refrigerated at 40°F/4°C or below and cooked within the previous 24 hours, and lentils that were refrigerated promptly and are no more than 2 days old. This recipe reheats the rice once: cook the patties needed for this meal and eat promptly rather than planning another cooling and reheating cycle. The original rice storage window still applies. Keep the carrot pickle separately refrigerated and use within 2 days.