

## Vegan red lentil fritters

Learn how to make a delicious plant-based dish – vegan red lentil fritters.

### Tasks

Do the preparation task first. Then watch the video and do the exercises. You can also read the transcript.

### Preparation task

Match the definitions (a–j) with the vocabulary (1–10).

#### Vocabulary

1. .... protein
2. .... a batch
3. .... to drain
4. .... to grate
5. .... to peel
6. .... to chop
7. .... a chunk
8. .... to stir
9. .... to let something set
- 10..... a patty

#### Definition

- a. to cut into small pieces, usually with a knife
- b. to rub against a grater to cut into lots of small pieces
- c. to wait for something to become solid
- d. a piece of food made into a round shape, which is then cooked
- e. a large number of the same food items, made at the same time
- f. a roughly cut piece
- g. a substance in food that the body needs to grow and be strong
- h. to remove the skin of fruit and vegetables
- i. to mix food by moving a spoon in a circle
- j. to remove the liquid from something

**Task 1**

Write a number (1–8) to put the events in the order they are mentioned.

- \_\_\_\_\_ Add chickpea flour, cayenne pepper, paprika and coconut oil.
- \_\_\_\_\_ Let the mixture set.
- \_\_\_\_\_ Cook the red lentils, drain them and put them to one side.
- \_\_\_\_\_ Add the lentils and some salt and then stir the mixture.
- \_\_\_\_\_ Chop the onion and garlic.
- \_\_\_\_\_ Cook the fritters for about 5–10 minutes on each side.
- \_\_\_\_\_ Grate the carrots.
- \_\_\_\_\_ Use your hands to make patties.

**Task 2**

Are the sentences true or false?

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	<b>Answer</b>	
1. The red lentil fritters contain meat protein.	True	False
2. You can make a lot of fritters at once and then eat some later.	True	False
3. Ella peels the carrots.	True	False
4. You need big pieces of onion and garlic.	True	False
5. The chickpea flour is also known as gram flour.	True	False
6. You should make about 24 fritters from the mix.	True	False

**Discussion**

Would you like to try this recipe? What do you like to cook?

## Transcript

Today we're making red lentil fritters. And they're super simple, really nice plant protein and perfect for making, like, a big batch having on the weekend and then using for your lunch boxes and things like that. They're just really, really, really delicious, um, and so we're gonna get started.

The first thing that I'm gonna do is cook the red lentils and then once they're done just drain them and place them to one side. And you start by grating my carrots. I'm gonna be a bit lazy today and skip the peeling step. Definitely peel them if you'd like to.

I'm gonna chop up my red onion and my garlic. You want to chop them really nice and small though because they are gonna be mixed throughout, so you don't want massive chunks of garlic or onion or anything. Add those to the bowl as well. Then we're gonna add our gram flour, which is our chickpea flour, cayenne pepper, our paprika, a tablespoon of melted coconut oil, um, all of your red lentils and a really generous just kind of pinch or a couple of pinches of salt. And then give it a really nice stir so it creates a kind of good sticky mix and then we're just going to leave that to one side to let that set. And then once that's set, I'm gonna scoop out a large spoonful of the mixture and just use my hands to make them into patties, so we should make about 12 from this. And then heat a little bit more coconut oil in a big frying pan. Once that's hot, place a couple of fritters in the pan and cook them for like five to ten minutes or so on each side until they're golden on the outside and cooked all the way through.

## Answers

### Preparation task

1. g
2. e
3. j
4. b
5. h
6. a
7. f
8. i
9. c
10. d

### Task 1

- 4 Add chickpea flour, cayenne pepper, paprika and coconut oil.
- 6 Let the mixture set.
- 1 Cook the red lentils, drain them and put them to one side.
- 5 Add the lentils and some salt and then stir the mixture.
- 3 Chop the onion and garlic.
- 8 Cook the fritters for about 5–10 minutes on each side.
- 2 Grate the carrots.
- 7 Use your hands to make patties.

### Task 2

1. False
2. True
3. False
4. False
5. True
6. False