



Eat and drink, but waste not by excess (Al-A'raf 31)  
Banu Atabay's Mütevazı Lezzetler® Turkish cooking recipes

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## Red Lentil Patties

Mercimek Köftesi



2 cups red lentil  
1 cups bulgur  
1 big onion  
1 tbsp pepper paste  
7 green onions  
Half bunch parsley  
1/3 cup vegetable oil  
2 tsp salt

- # Cook the red lentil in a pot or pressure cooker with 5 cups water, until it turns to little pieces.
- #Add the washed bulgur on the red lentil when it gets cooked totally, cover and rest it to steep the bulgur.
- # Meanwhile, roast the finely sliced onion with oil over medium heat.
- # When the onion gets cooked and soften, add pepper paste and salt on it and mix, then remove from the stove. Let it cool down.
- #Uncover the lid of the resting bulgur, and stir well by the help of a clean spoon.
- #Add the finely sliced parsley and green onion into the mixture finally.
- # Mix it to get a smooth mixture.
- #Pick some pieces from the mixture as patty and shape them.
- #Serve with lettuce leaves.

**Note:** The mixture should be cooled down while adding the parsley and green onion in it, otherwise the green vegetables loose their colours.