

## Chilladas

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Chilladas recipe

### Ingredients & Quantities

- 230g of Lentils
- 540ml of Water
- 56g of Margarine
- 90g of Onions
- 1 Clove of Garlic
- 90g of Carrots
- 1/2 a Green Pepper
- 1/4 tspn of Cayenne Pepper
- 1/4 tspn of Mace
- 1/2 tspn of Mixed Herbs
- 2 tspn of Tomato Puree
- Seasoning to taste
- 2 Beaten Eggs
- 70g of Breadcrumbs

### Method

1. Wash the lentils, bring to the boil and simmer gently for 40-45 minutes until all the liquid is absorbed and the lentils are mushy.
2. Fry the chopped onions, garlic, diced carrots and diced pepper until soft.
3. Add lentils to the vegetables together with all the spices, herbs and tomato puree. Season to taste.
4. Portion the mixture in to fish cake sizes and then dip in the beaten egg and then the breadcrumbs.
5. Bake in an oven or shallow fry until golden brown.