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hello@hellofresh.com.au | (02) 8188 8722

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Lentil & Beet Burgers with Sweet Potato Fries

These lentil and beet burger patties are so visually stunning, it's not unexpected that they taste so sublime as well. Make sure you allow your patties to form a nice, crispy crust. Along with sweet potato wedges, spinach, and fresh lemon to cut through the earthiness of beets, this colourful plate is sure to impress.



Prep: 15 mins
Cook: 35 mins
Total: 50 mins



level 2



lactose free



nut free

Pantry Items



Olive Oil



Dijon Mustard



Sweet Potato



Red Onion



Garlic



Beetroot



Lentils



Fine Breadcrumbs



Coriander



Eggs



Baby Spinach



Lemon

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2P	4P	Ingredients
400 g	800 g	sweet potatoes, unpeeled & cut into wedges
1 ½ tbs	3 tbs	olive oil *
½	1	red onion, diced
1 clove	2 cloves	garlic, peeled & crushed
2	4	eggs
1 tsp	2 tsp	dijon mustard *
1	2	beetroot, washed & grated (pop some gloves on)
1 tin	2 tins	lentils, drained & rinsed
½ cup	1 cup	fine breadcrumbs
1 bunch	2 bunches	coriander, finely chopped
½ bag	1 bag	baby spinach, washed
½	1	lemon, cut into wedges

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2400	Kj
Protein	23.3	g
Fat, total	18	g
-saturated	3.5	g
Carbohydrate	72	g
-sugars	19	g
Sodium	481	mg



You will need: chef's knife, chopping board, garlic crusher, box grater, aluminium foil, large bowl, plate, fork, wooden spoon, baking paper lined oven tray and a large frying pan.

1 Preheat oven to **200°C/180°C fan forced**.

2 Place the **sweet potato wedges** onto the prepared oven tray, drizzle with a third of the **olive oil**, season with **salt** and **pepper** and cook for **35-40 minutes**, or until tender.

3 Heat half of the remaining olive oil in a large frying pan over a medium-high heat. Add the **red onion** and cook, stirring, for **3 minutes**, or until soft. Add the **garlic** and continue cooking for a further **2 minutes** or until fragrant. Remove the pan from the heat and set aside.

4 Crack the **egg** into a large bowl and add the **Dijon mustard**. Whisk with a fork and then stir through the grated **beetroot**, **lentils**, **fine breadcrumbs**, **coriander** and the cooked onion and garlic. Season well with salt and pepper.

5 Shape the mixture into patties (3 per person) and set aside on a clean plate. Heat the remaining olive oil in the same medium frying pan over medium high heat. Add the patties to the pan and cook for **4 minutes** on each side. Make sure you flip the patties carefully, so that they stay together.

6 Divide the patties and sweet potato wedges between plates. Place the **baby spinach** on the side and drizzle with a little olive oil. Squeeze **lemon juice** on to patties just before eating.

Did you know? Wisconsin is home to The Mustard Museum which contains the world's largest collection of mustards and mustard memorabilia.

