

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













Mustard













Fine Breadcrumbs









Baby Spinach



2P	4P	Ingredients	
400 g	800 g	sweet potatoes, unpeeled & cut into wedges	
1 ½ tbs	3 tbs	olive oil *	
1/2	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	#
1/2	1	lemon, cut into wedges	

	Ingredient features
	in another recipe

Pantry Items

Pre-preparation

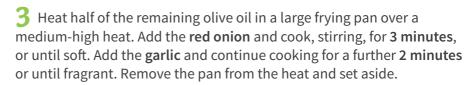
Nutrition per serve

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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.

- 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.





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.