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Bunless Lentil Burger with Beetroot Relish

This bunless burger is the perfect light, yet filling dinner. We've subbed bread for crunchy lettuce leaves, but with all the trimmings – relish, tomatoes and sweet potato wedges – you won't even know it's missing. Who knew a lentil burger could taste so good?



Prep: 10 mins

Cook: 40 mins

Total: 50 mins



level 1



nut free



outdoor dining

Pantry Items



Olive Oil



Balsamic Vinegar



Mustard



Water



Sweet Potato



Red Onion



Beetroot



Cumin



Lentils



Fine Breadcrumbs



Fetta Cheese



Gem Lettuce



Roma Tomato

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2P	4P	Ingredients
400 g	800 g	sweet potato, unpeeled & cut into fries
1 tbs	2 tbs	olive oil *
1	2	red onion, finely chopped
1	2	beetroot, washed & grated (pop some gloves on)
1 tbs	2 tbs	balsamic vinegar *
1 tbs	2 tbs	mustard (seeded or Dijon) *
2 tbs	4 tbs	water *
½ sachet	1 sachet	cumin (recommended amount)
1 tin	2 tins	lentils, drained & rinsed
1 packet	2 packets	fine breadcrumbs
1 block	2 blocks	fetta cheese, crumbled
1 head	2 heads	gem lettuce, washed & leaves separated
1	2	Roma tomato, sliced

⊕ Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2090	Kj
Protein	19.7	g
Fat, total	14.6	g
-saturated	4.9	g
Carbohydrate	64.2	g
-sugars	23.6	g
Sodium	625	mg

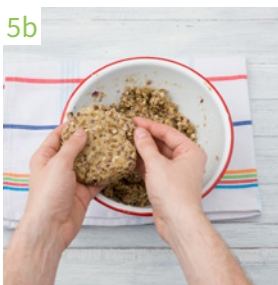


You will need: chopping board, chef's knife, box grater, plastic gloves, sieve, oven tray lined with baking paper, medium frying pan, wooden spoon, paper towel, medium bowl, potato masher or fork and spatula or fish flip.



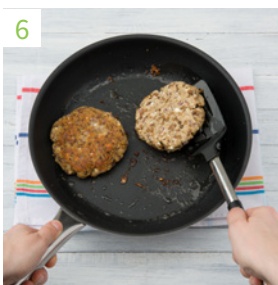
1 Preheat the oven to **200°C/180°C** fan-forced.
2 Place the **sweet potato** on the prepared oven tray. Toss in half of the **olive oil** and season with **salt** and **pepper**. Cook in the oven for **30-35 minutes** or until tender and golden.

3 Meanwhile, to make the beetroot relish, heat the remaining olive oil in a medium frying pan over a medium heat. Add half of the **red onion** and cook, stirring, for **3 minutes**, or until soft. Add the **beetroot**, **balsamic vinegar**, **mustard** and water. Cook, stirring occasionally, for a further **8-10 minutes**, or until the onion and beetroot become sticky. Remove from the pan and set aside. Wipe the pan clean with a paper towel.



4 Heat a splash of olive oil in the same frying pan over a medium heat. Add the remaining red onion and cook, stirring, for **3 minutes** or until soft. Add the **cumin** and cook, stirring, for **1 minute** or until fragrant. Transfer the onion mixture to a medium bowl.

5 Add the **lentils** to the onion mixture and mash using a fork or potato masher. Add the **fine breadcrumbs** and **fetta cheese**. Stir until well combined. Shape into patties (one per person).



6 Heat a little olive oil in the same frying pan over a medium-high heat. Cook the patties for **4 minutes** on each side or until golden.

7 To serve, assemble your burgers. Place a couple of **gem lettuce leaves** on each plate and top with a lentil patty, **tomato slices** and beetroot relish. Top with another gem lettuce leaf and serve with the sweet potato fries.