



LENTIL AND FETTA BUNLESS BURGERS

with Beetroot Relish & Sweet Potato Fries



Make bunless
lentil 'burgers'



Sweet Potato



Red Onion



Beetroot



Lentils



Roma Tomato



Garlic



Mayonnaise



Cumin



Fine Breadcrumbs



Fetta



Cos Lettuce

Hands-on: **30 mins**
Ready in: **40 mins**

This bunless burger is the perfect light yet filling dinner. We've subbed a bread bun for crunchy lettuce leaves, but with all the trimmings – beetroot relish, tomato and sweet potato fries – who knew a lentil 'burger' could taste so good?

Pantry Staples: Olive Oil, Water, Salt, Egg, Balsamic Vinegar, Brown Sugar

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, plastic gloves, garlic crusher, sieve, oven tray** lined with **baking paper, medium saucepan, wooden spoon, two medium bowls, potato masher** or **fork, medium frying pan** and a **spatula**.



1 GET PREPPED

Preheat the oven to **240°C/220°C fan-forced**. Slice the **sweet potato** (unpeeled) into 1 cm fries. Finely slice the **red onion**. Grate the **beetroot**. **TIP:** *Pop on some gloves to prevent stained fingers.* Drain the **lentils** and rinse well. Peel and crush the **garlic**. Cut the **Roma tomato** into slices.



2 BAKE THE SWEET POTATO FRIES

Place the **sweet potato** fries on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch of salt and pepper**. Toss to coat and place in the oven to cook for **20 minutes**, or until tender and golden. **TIP:** *Once cooked, turn off the heat and leave the fries in the oven to keep warm while you wait for the rest of the dish to be ready.*



3 MAKE THE BEETROOT RELISH

While the sweet potato is cooking, heat a **drizzle of olive oil** in a medium saucepan over a medium-high heat. Add the **red onion** and cook, stirring, for **3-4 minutes** or until soft. Add the **beetroot, balsamic vinegar** and **brown sugar** and cook, stirring, for 2-3 minutes, or until caramelised. Add the **water** (**check ingredients list for the amount**) and cook, stirring occasionally, for **5-6 minutes**, or until reduced. Season to taste with **salt and pepper**. Transfer to a medium bowl.



4 PREP THE LENTIL AND FETTA PATTIES

While the beetroot relish is cooking, place the **lentils** into a medium bowl and mash using a potato masher or fork. Add the **garlic, cumin** (**use suggested amount**), **fine breadcrumbs, egg, salt** (**use suggested amount**) and crumble in the **fetta**. Stir until well combined and shape into patties.

TIP: *You should get 2 patties per person.*



5 COOK THE LENTIL PATTIES

Heat a **drizzle of olive oil** in a medium frying pan over a medium-high heat. Cook the **lentil patties** for about **3 minutes** on each side, or until golden.



6 SERVE UP

Place a few **cos lettuce** leaves on each plate and top with a lentil and fetta patty, a dollop of **mayonnaise**, tomato slices, beetroot relish and finally another lettuce leaf. Serve the sweet potato fries on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
red onion	1	2
beetroot	1	2
lentils	1 tin (400 g)	2 tins (800 g)
garlic	2 cloves	4 cloves
Roma tomato	1	2
balsamic vinegar*	2 tbs	½ cup
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
cumin	½ sachet (½ tsp)	1 sachet (1 tsp)
fine breadcrumbs	1 packet (½ cup)	2 packets (1 cup)
egg*	1	2
salt*	½ tsp	1 tsp
fetta	1 block (50 g)	1 block (100 g)
cos lettuce	1 bag	2 bags
mayonnaise	1 tub (40 g)	2 tubs (80 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2990kJ (715Cal)	363kJ (87Cal)
Protein (g)	28.3g	3.4g
Fat, total (g)	20.4g	2.5g
- saturated (g)	6.5g	0.8g
Carbohydrate (g)	94.3g	11.4g
- sugars (g)	34.1g	4.1g
Sodium (g)	820mg	99mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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