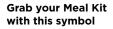
Lentil, Parsley & Dukkah Patties

with Harissa Sweet Potato & Fetta Salad









Sweet Potato



Harissa Paste







Lentils





Spring Onion







Lemon



Fine Breadcrumbs

Fetta



Mixed Salad Leaves

Dill & Parsley Mayonnaise



Pantry items Olive Oil, Egg, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|------------------------------|-------------------|------------------------|
| olive oil* | refer to method | refer to method |
| sweet potato | 1 | 2 |
| beetroot | 1 | 2 |
| harissa paste | 1 sachet | 2 sachets |
| walnuts | 1 packet | 2 packets |
| lentils | 1 tin | 2 tins |
| garlic | 2 cloves | 4 cloves |
| parsley | 1 bag | 1 bag |
| spring onion | 1 bunch | 1 bunch |
| lemon | 1 | 2 |
| dukkah | 1 sachet | 2 sachets |
| egg* | 1 | 2 |
| fine breadcrumbs | 2 packets | 4 packets |
| fetta | 1 block (50g) | 1 block (100g) |
| honey* | ½ tsp | 1 tsp |
| mixed salad leaves | 1 bag (30g) | 1 bag (60g) |
| dill & parsley mayonnaise | 1 packet (50g) | 1 packet (100g) |

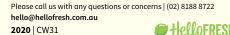
^{*}Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|------------------|----------------|
| Energy (kJ) | 3379 kJ (808Cal) | 560kJ (134Cal) |
| Protein (g) | 29.4g | 4.9g |
| Fat, total (g) | 42.2g | 7g |
| - saturated (g) | 7.4g | 1.2 |
| Carbohydrate (g) | 67.7g | 11.2 |
| - sugars (g) | 19.2g | 3.2 |
| Sodium (mg) | 1413mg | 234mg |

Allergens

Always read product labels for the most up-to-date allergen information.
Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





1. Roast the sweet potato

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato (unpeeled) into 2cm chunks. Cut the beetroot into 1cm chunks. In a medium bowl, combine the harissa paste, a drizzle of olive oil and a pinch of salt and pepper. Add the sweet potato and beetroot and toss to coat. Spread over an oven tray lined with baking paper. Roast until tender, 20-25 minutes. In the last 5 minutes of cook time, add the walnuts to the side of the oven tray and bake until fragrant and toasted.

TIP: Beetroot retains a lot of its firmness when cooked. You can tell it's cooked when it can be easily pierced with a fork.



4. Fry the patties

Heat a large frying pan over a medium-high heat and add enough **olive oil** to coat the base of the pan. When the oil is hot, add the **lentil patties** and cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Let the patties get firm before trying to turn them over, add extra oil if needed to prevent sticking.

TIP: If your pan is getting crowded, cook in batches for the best results!



2. Get prepped

While the veggies are roasting, drain and rinse the **lentils**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley** leaves. Thinly slice the **spring onion**. Zest the **lemon** to get a **pinch**, then slice into wedges.



3. Make the patties

In a medium bowl, mash the lentils until smooth using a potato masher or fork. Add the **garlic**, **parsley**, **spring onion**, **lemon zest**, **dukkah**, **egg** and **fine breadcrumbs**. Crumble in **3/4** of the **fetta** and mix well. Using damp hands, form the mixture into 1cm-thick patties. You should get 3 patties per person. Place the patties on a plate and transfer to the fridge for **5 minutes**.

TIP: Chilling the patties helps them firm up!



5. Make the salad

While the patties are cooking, combine a **squeeze** of **lemon juice** with the **honey** and a **drizzle** of **olive oil** in a medium bowl. Season with **salt** and **pepper** and mix well. Add the **mixed salad leaves**, **sweet potato**, **beetroot** and **walnuts** to the dressing. Just before serving, toss to coat.

TIP: Allow the roasted veggies to cool slightly before adding to the bowl to keep the leaves crisp.



6. Serve up

Divide the harissa sweet potato salad and lentil, parsley and dukkah patties between plates. Crumble the remaining fetta over the salad. Serve with the **dill & parsley mayo** and lemon wedges.

Enjoy!