



Lentil, Parsley & Dukkah Patties

with Harissa Sweet Potato & Fetta Salad



Grab your Meal Kit with this symbol



Sweet Potato



Beetroot



Harissa Paste



Walnuts



Lentils



Garlic



Parsley



Spring Onion



Lemon



Dukkah



Fine Breadcrumbs



Fetta



Mixed Salad Leaves



Dill & Parsley Mayonnaise

Hands-on: 25-35 mins
Ready in: 30-40 mins

Here's a new way to enjoy lentils: combine them with tasty fetta and mild dukkah, then shape them into patties! The flavour doesn't stop there - on the side you'll have a fresh salad with chunks of spiced sweet potato and toasted walnuts. This is a veggie meal with all the good stuff.

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](https://www.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.



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.



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!



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!