





Cannellini Bean, Parsley & Dukkah Patties

with Roasted Sweet Potato & Fetta Salad

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Beetroot
-  Cannellini Beans
-  Garlic
-  Parsley
-  Spring Onion
-  Dukkah
-  Vegetable Stock Pot
-  Fine Breadcrumbs
-  Fetta Cubes
-  Rocket Leaves
-  Walnuts
-  Golden Goddess Dressing
-  Dill & Parsley Mayonnaise

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

Here's a new way to enjoy cannellini beans: combine them with creamy fetta and nutty 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 buttery toasted walnuts. A veggie meal with all the good stuff!

Unfortunately, this week's lentils were in short supply, so we've replaced them with cannellini beans. Don't worry, the recipe will be just as delicious!

Pantry items
Olive Oil, Egg, Plain Flour

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
cannellini beans	1 tin	2 tins
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
spring onion	2 stems	4 stems
dukkah	1 medium sachet	1 large sachet
egg*	1	2
vegetable stock pot	1 packet (20g)	1 packet (40g)
plain flour*	2 tsp	1 tbs
fine breadcrumbs	1 large packet	2 large packets
fetta cubes	1 medium packet	1 large packet
rocket leaves	1 small bag (30g)	1 medium bag (60g)
walnuts	1 medium packet	1 large packet
golden goddess dressing	1 packet	2 packets
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3158kJ (755Cal)	617kJ (147Cal)
Protein (g)	28.6g	5.6g
Fat, total (g)	39.5g	7.7g
- saturated (g)	7.4g	1.4g
Carbohydrate (g)	64.6g	12.6g
- sugars (g)	19.5g	12.6g
Sodium (mg)	1911mg	373mg

The quantities provided above are averages only.

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.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** into bite-sized chunks. Cut the **beetroot** into small chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.



Cook the patties

Heat a large frying pan over a medium-high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, place a few **cannellini balls** in the pan and flatten with a spatula until 1cm thick. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the remaining balls.

TIP: Let the patties get firm before trying to flip them and add extra oil if needed to prevent sticking.



Get prepped

While the veggies are roasting, drain and rinse the **cannellini beans**. Finely chop the **garlic**. Roughly chop the **parsley**. Thinly slice the **spring onion**.



Make the salad

While the patties are cooking, combine the **rocket leaves**, **roasted veggies** and **walnuts** in a large bowl. Add the **golden goddess dressing** and toss to coat.

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



Make the patties

In a medium bowl, roughly mash the **cannellini beans**. Add the **garlic**, **parsley**, **spring onion**, **dukkah**, **egg**, **vegetable stock pot**, **plain flour** and **fine breadcrumbs**. Crumble in 1/2 the **fetta cubes** and mix well. Season to taste. Using damp hands, roll the mixture into small balls (three per person). Place on a plate and transfer to the fridge for **5 minutes**.

TIP: Chilling the mixture helps the patties firm up!



Serve up

Divide the cannellini bean, parsley and dukkah patties and the roasted sweet potato salad between bowls. Crumble the remaining fetta cubes over the salad. Serve with the **dill & parsley mayonnaise**.

Enjoy!

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