











# Middle Eastern Lentil & Fetta Patties

## with Roast Veggie Salad

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Beetroot
-  Zucchini
-  Garlic & Herb Seasoning
-  Walnuts
-  Lentils
-  Garlic
-  Parsley
-  Spring Onion
-  Lemon
-  Dukkah
-  Fine Breadcrumbs
-  Fetta
-  Mixed Salad Leaves
-  Mint
-  Greek Yoghurt

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

Think of these lentil and fetta patties as the perfect antidote to every underwhelming veggie burger you've ever had. The secret is combining herby dukkah and creamy fetta in the mix for a perfectly seasoned patty. Finish off with a roast veggie salad on the side for a super delicious, nutritionally balanced meal.

### 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
zucchini	1	2
garlic & herb seasoning	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)
mint	1 bunch	1 bunch
Greek yoghurt	1 packet (100g)	1 packet (200g)

\*Pantry Items

### Nutrition

	Per Serving	Per 100g
Energy (kJ)	2698kJ (644Cal)	405kJ (96Cal)
Protein (g)	28.3g	4.2g
Fat, total (g)	27.3g	4.1g
- saturated (g)	7g	1g
Carbohydrate (g)	61.3g	9.2g
- sugars (g)	25.4g	3.8g
Sodium (mg)	1497mg	225mg

### Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.com.au/foodinfo](https://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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** (unpeeled) into 2cm chunks. Cut the **beetroot** and **zucchini** into 1cm chunks. In a medium bowl, combine the **garlic & herb seasoning**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Add the **sweet potato**, **beetroot** and **zucchini** 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 one side of the oven tray and bake until fragrant and toasted.

**TIP:** Cut the veggies to size so they cook in time.



## 4. Fry the patties

Heat a large frying pan over a medium-high heat and add enough oil to coat the base of the pan. When the oil is hot, cook the **lentil patties** in batches 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, adding extra oil if needed.



## 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**. 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**, the **honey** and a **drizzle of olive oil** in a medium bowl. Season and mix well. Add the **mixed salad leaves**, **roasted veggies** and **walnuts** to the **dressing**. Toss to coat. Pick and roughly chop the **mint** leaves. In a small bowl, combine the **Greek yoghurt** and **mint**.

**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 roast veggie salad and lentil and fetta patties between plates. Crumble the remaining fetta over the salad. Serve with the mint yoghurt and lemon wedges.

**Enjoy!**