



Everything But The Chef

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Bollywood Lentil Burger with Baked Zucchini Chips

Tonight, showing at a kitchen near you, it's our tribute to Bollywood! This mix of subcontinental flavours and the convenience of the western burger will have the crowd going wild. We've reinvented chips too, turning zucchini into an addictive side. This meal will have you singing and dancing well into the night.

Prep: 15 mins
 Cook: 20 mins
Total: 35 mins

level 2

high fibre

high protein

winter warmers

Pantry Items



Olive Oil



Egg



Plain Flour



Zucchini



Parbaked Sourdough
Burger Buns



Red Onion



Garlic



Tandoori Paste



Lentils



Fine Breadcrumbs



Tomato



Gem Lettuce



Yoghurt

2P	4P	Ingredients	
2	4	zucchini, cut into strips	A
1 tbs	2 tbs	olive oil *	
2	4	parbaked sourdough burger buns, left whole	
½	1	red onion, finely chopped	⊕
1 clove	2 cloves	garlic, peeled & crushed	⊕
3 tsp	6 tsp	Tandoori paste	
1 tin	2 tins	lentils, drained & rinsed	
¼ cup	½ cup	fine breadcrumbs	
1	2	egg, lightly whisked *	
1 tbs	2 tbs	plain flour *	
1	2	tomato, sliced	
1 head	2 heads	gem lettuce, washed & chopped	
1 tub	2 tubs	yoghurt	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	2520	Kj
Protein	30	g
Fat, total	18.2	g
-saturated	3.6	g
Carbohydrate	68	g
-sugars	13.5	g
Sodium	871	mg

Measuretool

0 cm	1 cm	2 cm



You will need: chopping board, chef's knife, garlic crusher, strainer, whisk, baking paper lined oven tray, medium frying pan, stirring spoon, bowl, potato masher and spatula.

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Place the **zucchini** in a single layer on the prepared oven tray and toss in half of the **olive oil**. Season with **salt** and **pepper**. Cook in the oven for **20 minutes** or until golden and tender. Add the **parbaked sourdough burger buns** to the oven for the last **5 minutes**.

3 Meanwhile, heat the remaining olive oil in a medium frying pan over a medium heat. Add the **red onion** and cook for **3 minutes** or until soft. Add the **garlic** and **Tandoori paste**. Cook, stirring, for **1 minute** or until fragrant.

4 Place the **lentils** and the onion mixture in a bowl and mash with a potato masher. Add the **fine breadcrumbs**, **egg**, and **plain flour** and stir until well combined. Shape into patties (one per person).

5 Heat a little olive oil in the same frying pan over a medium-high heat. Cook the patties for **4 minutes** on each side or until golden.

6 To assemble, halve the warm burger buns and layer with the **tomato**, **gem lettuce**, and lentil patty. Dollop with the **yoghurt** and serve with the baked zucchini chips.



Did you know? People have been enjoying yoghurt for at least 5,500 years!