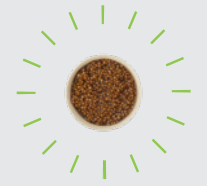




# BUNLESS LENTIL & FETTA BURGERS

with Beetroot Relish & Sweet Potato Fries



Make bunless  
lentil 'burgers'



Sweet Potato



Red Onion



Beetroot



Lentils



Roma Tomato



Garlic



Dijon Mustard



Cumin



Fine Breadcrumbs



Fetta



Cos Lettuce



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

This bunless burger is the perfect light yet filling dinner. We've subbed bread for crunchy lettuce leaves, but with all the trimmings – beetroot relish, tomato and sweet potato fries – who knew a lentil 'burger' could taste so good?

**Pantry Staples:** Olive Oil, Water, Salt, Egg, Balsamic Vinegar

## BEFORE YOU — START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, box grater, plastic gloves, garlic crusher, sieve, oven tray** lined with **baking paper, medium frying pan, wooden spoon, small bowl, medium bowl, potato masher** or **fork** and a **spatula**.



### 1 GET PREPPED

Preheat the oven to **220°C/200°C fan-forced**. Slice the **sweet potato** (unpeeled) into 1 cm fries. Finely chop the **red onion**. Grate the **beetroot**. **TIP:** Pop on some gloves to prevent stained fingers. Peel and crush the **garlic**. Drain and rinse the **lentils**. Cut the **Roma tomato** into slices.



### 2 BAKE THE SWEET POTATO FRIES

Place the **sweet potato** fries on the oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat and place in the oven to cook for **20-25 minutes**, or until tender and golden. **TIP:** Leave the fries in the oven and turn off the heat while you wait for the rest of the dish to be ready.



### 3 MAKE THE BEETROOT RELISH

While the sweet potato is cooking, heat a **good drizzle** of **olive oil** in a medium frying pan over a medium heat. Add **1/2** of the **red onion** and cook, stirring, for **3 minutes**, or until soft. Add the **beetroot, balsamic vinegar, Dijon mustard** and **water (for the relish)** and cook, stirring occasionally, for **8-10 minutes**, or until the onion and beetroot are sticky. Remove from the pan and set aside in a small bowl.



### 4 PREP THE LENTIL PATTIES

Heat a **good drizzle** of **olive oil** in the same frying pan over a medium heat. Add the **remaining red onion** and cook, stirring, for **3 minutes**, or until soft. Add the **cumin (use suggested amount)** and **garlic** and cook, stirring, for **1 minute**, or until fragrant. Transfer to a medium bowl, add the **lentils** and mash using a potato masher or fork. Add the **fine breadcrumbs, egg** and **salt (use suggested amount)** and crumble in the **fetta**. Stir until well combined and shape into patties. **TIP:** You should get 2 patties per person.



### 5 COOK THE LENTIL PATTIES

Heat a **drizzle** of **olive oil** in the same frying pan over a medium-high heat. Cook the **lentil patties** for about **3 minutes** on each side, or until golden.



### 6 SERVE UP

Place a couple of **cos lettuce** leaves on each plate and top with a lentil patty, tomato slices, beetroot relish and another lettuce leaf. Serve the sweet potato fries on the side.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	400 g	800 g
red onion	1	2
beetroot	1	2
garlic	2 cloves	4 cloves
lentils	1 tin (400 g)	2 tins (800 g)
Roma tomato	1	2
balsamic vinegar*	1 tbs	2 tbs
Dijon mustard	1 tub (40 g)	2 tubs (80 g)
water* (for the relish)	2 tbs	4 tbs
cumin	½ sachet (½ tsp)	1 sachet (1 tsp)
fine breadcrumbs	½ packet (¼ cup)	1 packet (½ cup)
egg*	1	2
salt*	½ tsp	1 tsp
fetta	1 block (50 g)	1 block (100 g)
cos lettuce	1	2

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2740kJ (656Cal)	338kJ (81Cal)
Protein (g)	28.9g	3.6g
Fat, total (g)	18.2g	2.3g
- saturated (g)	5.9g	0.7g
Carbohydrate (g)	83.8g	10.3g
- sugars (g)	24.5g	3.0g
Sodium (g)	891mg	110mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722  
[Hello@HelloFresh.com.au](mailto:Hello@HelloFresh.com.au)

2017 | WK48 | V3

HelloFRESH