



# FETTA & LENTIL VEGGIE BUNLESS BURGERS

with Sweet Potato Fries



Make a  
lentil patty



Sweet Potato



Red Onion



Garlic



Tomato



Lentils



Beetroot



Chermoula Spice Blend



Fine Breadcrumbs



Fetta



Cos Lettuce



Garlic Aioli

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

This bunless burger is the perfect light yet filling dinner. We've subbed a bread bun 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, Balsamic Vinegar, Brown Sugar, Eggs

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** • **medium frying pan**



### 1 BAKE THE SWEET POTATO FRIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **sweet potato** (unpeeled) into 1cm fries. Place the sweet potato fries on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, spread out in a single layer and bake for **25-30 minutes**, or until tender.



### 2 GET PREPPED

While the sweet potato is baking, thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **tomato**. Drain and rinse the **lentils**. Grate the **beetroot** (unpeeled). **TIP:** To prevent stained fingers, *pop on some gloves!*



### 3 MAKE THE BEETROOT RELISH

In a medium saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **red onion** and cook, stirring, for **3-4 minutes** or until soft. Add the **beetroot**, **balsamic vinegar** and **brown sugar** and cook, stirring, for **2-3 minutes**, or until caramelised. Reduce the heat to medium and add the **water**. Cook, stirring occasionally, for **7-8 minutes**, or until reduced. Season to taste with **salt** and **pepper**. Reduce the heat to low and cook, stirring occasionally, until ready to serve.



### 4 PREP THE LENTIL PATTIES

While the beetroot relish is cooking, place the **lentils** in a medium bowl and coarsely mash using a potato masher or fork. Add the **garlic**, **chermoula spice blend**, **fine breadcrumbs**, **egg**, **salt** and crumble in the **fetta**. Stir until well combined. Using damp hands, shape the mixture into patties (you should get 2 patties per person). Place on a plate and refrigerate until ready to cook. **TIP:** Refrigerating the patties will help them firm up!



### 5 COOK THE LENTIL PATTIES

When the sweet potatoes have **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Cook the lentil patties for **3 minutes** on each side, or until golden. **TIP:** To help the patties stay together, don't flip too early.



### 6 SERVE UP

Place a few cos lettuce leaves on each plate and top with a lentil and fetta patty, tomato slices, beetroot relish and a dollop of **garlic aioli**. Serve with the sweet potato fries.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
lentils	1 tin	2 tins
beetroot	1	2
balsamic vinegar*	2 tbs	½ cup
brown sugar*	1 tbs	2 tbs
water*	½ cup	¾ cup
chermoula spice blend	1 sachet	2 sachets
fine breadcrumbs	2 packets	4 packets
eggs*	1	2
salt*	½ tsp	1 tsp
fetta	1 block (50 g)	1 block (100 g)
cos lettuce	1 bag	2 bags
garlic aioli	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3050kJ (728Cal)	386kJ (92Cal)
Protein (g)	28.3g	3.6g
Fat, total (g)	25.1g	3.2g
- saturated (g)	6.3g	0.8g
Carbohydrate (g)	87.2g	11.0g
- sugars (g)	33.1g	4.2g
Sodium (g)	1520mg	192mg

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

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