



Middle Eastern Lentil-Fetta Patties

with Mizuna Salad and Yoghurt



Make lentil and fetta patties



Brown Onion



Silverbeet



Lentils



Parsley



Middle Eastern Spice Blend



Mizuna Mixed Leaves



Roma Tomato



Greek Yoghurt



Fine Breadcrumbs



Fetta

Hands-on: 25 mins
Ready in: 35 mins

Think of these lentil and fetta patties as the perfect antidote to every rubbery, underwhelming veggie burger you've ever had. They're so easy to whip up, you'll never have to face an under-seasoned legume patty again.

Pantry Staples: Olive Oil, Egg, Plain Flour, Balsamic Vinegar, Salt

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, sieve, small bowl, fork, large frying pan, wooden spoon, large bowl, potato masher, plate, spatula, aluminium foil** and a **medium bowl**.



1 GET PREPPED

Finely chop the **brown onion**. Destem the **silverbeet** and finely chop the leaves. Drain and rinse the **lentils**. Pick the **parsley** leaves. Whisk the **egg** in a small bowl using a fork.



2 COOK THE VEGGIES

Heat a **drizzle of olive oil** in a large frying pan over a medium-high heat. Add the **brown onion (use suggested amount)** and cook for **4-5 minutes**, or until softened. Add the **Middle Eastern spice blend** and cook for **1 minute**, or until fragrant. Add the **silverbeet** and cook for **1 minute**, or until wilted. Remove the pan from the heat.



3 PREPARE THE PATTIES

In a large bowl, add the **lentils** and mash using a potato masher or fork until softened. **TIP:** *Keep the lentils slightly chunky if you prefer.* Add the **silverbeet mixture, parsley, whisked egg, fine breadcrumbs** and **salt (use suggested amount)**. Crumble in **3/4 of the fetta** and season with a **pinch of pepper**.



4 MAKE THE LENTIL PATTIES

Shape the **lentil-fetta mixture** into small patties (**6 for 2 people / 12 for 4 people**) and lightly dust in **plain flour**. **TIP:** *Dusting the patties in flour helps them stay together and brown nicely when cooked.* Set aside on a plate. Return the pan to a medium-high heat. Add a **drizzle of olive oil** and **1/2 of the lentil-fetta patties** and cook for **4-5 minutes**, turning halfway, until golden and cooked through. Set aside on a plate and cover with foil to keep warm. Repeat with the remaining patties.



5 MAKE THE SALAD

Dice the **Roma tomato**. In a medium bowl, toss the **mizuna mixed leaves**, the tomato and the **remaining fetta** with **olive oil (1 tbs for 2 people / 2 tbs for 4 people)** and the **balsamic vinegar**. Season to taste with a **pinch of salt** and **pepper**.



6 SERVE UP

Divide the mizuna salad and the Middle Eastern lentil-fetta patties between plates. Serve with a dollop of **Greek yoghurt**.

Enjoy!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	½	1
silverbeet	1 bunch	1 bunch
lentils	1 tin (400 g)	2 tins (800 g)
parsley	1 bunch	1 bunch
egg*	2	4
Middle Eastern spice blend	1 sachet (2 tsp)	2 sachets (4 tsp)
fine breadcrumbs	1 packet (½ cup)	2 packets (1 cup)
salt*	¼ tsp	½ tsp
fetta	1 block (50 g)	1 block (100 g)
plain flour*	1 tbs	2 tbs
Roma tomato	1	2
mizuna mixed leaves	1 bag	1 bag
balsamic vinegar*	2 tsp	1 tbs
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2150kJ (514Cal)	357kJ (85Cal)
Protein (g)	30.2g	5.0g
Fat, total (g)	16.2g	2.7g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	54.6g	9.1g
- sugars (g)	10.0g	1.7g
Sodium (g)	791mg	131mg

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

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