



# Red Curry Lentil Patties & Veggie Fries

with Slaw & Spring Onion-Coconut Yoghurt

Grab your Meal Kit with this symbol



Potato



Carrot



Lentils



Thai Red Curry Paste



Fine Breadcrumbs



Spring Onion



Plant-Based Coconut Yoghurt



Cucumber



Shredded Cabbage Mix



Plant-Based Mayonnaise



Sweet Chilli Sauce

Hands-on: **20-30 mins**  
Ready in: **30-40 mins**

Plant based

Spicy (Thai red curry paste)

Calorie Smart

These plant-based patties are loaded with bold Thai flavours - think chilli, garlic, lemongrass, galangal and makrut lime leaf - courtesy of our Thai red curry paste. The plant-based yoghurt adds creaminess and tang, all while cooling the palate for the perfect balance of flavours.

### Pantry items

Olive Oil, Plain Flour, White Wine Vinegar

## 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
potato	2	4
carrot	1	2
lentils	1 tin	2 tins
Thai red curry paste	½ tin	1 tin
fine breadcrumbs	1 medium packet	1 large packet
plain flour*	2 tbs	¼ cup
spring onion	1 stem	2 stems
plant-based coconut yoghurt	1 medium packet	1 large packet
cucumber	1	2
shredded cabbage mix	1 medium bag	1 large bag
plant-based mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
sweet chilli sauce	1 packet (50g)	1 packet (100g)

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2601kJ (622Cal)	377kJ (90Cal)
Protein (g)	18.2g	2.6g
Fat, total (g)	22.8g	3.3g
- saturated (g)	4.4g	0.6g
Carbohydrate (g)	76.8g	11.1g
- sugars (g)	26.1g	11.1g
Sodium (mg)	1519mg	220mg

The quantities provided above are averages only.

## 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.



## Bake the veggie fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **carrot** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the fries between two trays.



## Cook the patties

In a large frying pan, add enough **olive oil** to coat the base and heat over a medium-high heat. When the oil is hot, cook the **patties** until golden and cooked through, **2-4 minutes** each side (don't flip too early!). Transfer to a plate lined with paper towel.

**TIP:** Add extra oil if needed to prevent the patties from sticking to the pan.

**TIP:** Cook in batches if your pan is getting crowded.



## Make the patties

**SPICY!** You may find the curry paste hot! Add less if you're sensitive to heat. While the fries are baking, drain and rinse the **lentils**. In a medium bowl, mash the **lentils** until smooth using a potato masher or fork. Add the **Thai red curry paste** (see ingredients), **fine breadcrumbs** and **plain flour**. Mix well to combine. Using damp hands, form the **mixture** into 1cm-thick patties. You should get 3 patties per person. Transfer to a plate and refrigerate for **5 minutes**.

**TIP:** Chilling the patties helps them firm up!



## Make the slaw

While the patties are cooking, thinly slice the **cucumber** into half-moons. In a medium bowl, combine the **cucumber**, **shredded cabbage mix**, **plant-based mayonnaise** and a drizzle of **olive oil** and **white wine vinegar**. Season to taste.



## Prep the yoghurt

While the patties are chilling, thinly slice the **spring onion**. In a small bowl, combine the **plant-based coconut yoghurt** and 1/2 the **spring onion**. Season to taste.



## Serve up

Divide the red curry lentil patties, veggie fries and slaw between plates. Drizzle the **sweet chilli sauce** over the patties. Sprinkle over the remaining spring onion. Serve with the spring onion-coconut yoghurt.

Enjoy!

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