

TANDOORI LENTIL BUNLESS BURGER

with Oven Fries & Cucumber Raita





Lose the bun for a guilt-free burger!





Potato





Tomato

Cucumb





Lentils

Fine Breadcrumbs





Tandoori Paste

Lemon





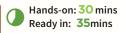
Greek Yoghurt

Cos Lettuce



Mango Chutney

Pantry Staples: Olive Oil, Eggs





Mix up your burger menu with this bunless lentil version. The patty comes together quickly and with a gentle spice from tandoori paste, it's full of flavour. With all the fresh burger trimmings, including a creamy yoghurt and sweet mango chutney, plus baked potato chips, this is a satisifying plate of goodness!

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

• oven tray lined with baking paper • large frying pan



Preheat the oven to 220°C/200°C fanforced. Slice the potatoes (unpeeled) into
1cm fries. Place the potato on an oven tray
lined with baking paper. Drizzle with olive oil
and season with salt and pepper. Toss to coat,
then bake for 25-30 minutes or until tender.

TIP: Cut the potato to the correct size so they
cook in the allocated time.



2 GET PREPPEDWhile the fries are baking, finely chop the **coriander**. Thinly slice the **tomato**. Thinly slice **1/2** the **cucumber** and finely chop the remaining cucumber.



MAKE THE PATTIES
Drain and rinse the lentils and transfer
1/2 to a medium bowl. Using a potato masher
or fork, mash the lentils until as smooth as
possible. Add the egg, fine breadcrumbs,
coriander, tandoori paste, the salt, a
squeeze of lemon juice and the remaining
lentils. Mix until well combined. Using damp
hands, shape the mixture into 2cm thick
patties (2 per person). Place the patties in the
fridge until you are ready to cook them.

*TIP: Refrigerating the patties helps them
hold their shape.



4 COOK THE PATTIES
When the fries have 10 minutes of cook time remaining, heat a good drizzle of olive oil in a large frying pan over a medium-high heat. Add the lentil patties and cook for 4-5 minutes on each side or until browned and cooked through. ♣ TIP: Don't flip the patties before they are done, this will help them stay together.



MAKE THE CUCUMBER RAITA
While the patties are cooking, combine
the Greek yoghurt, chopped cucumber, a
squeeze of lemon juice and a pinch of salt
and pepper in a medium bowl.



SERVE UP
Place a few cos lettuce leaves on each
plate and top with a lentil patty, tomato and
cucumber slices and a dollop of cucumber
raita and mango chutney. Serve with the
oven fries.

ENJOY!

2 4 PEOPLE

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
coriander	1 bunch	1 bunch
tomato	1	2
cucumber	1	2
lentils	1 tin	2 tins
egg*	1	2
fine breadcrumbs	1 packet	2 packets
tandoori paste	1 tub (50 g)	2 tubs (100 g)
salt*	¼ tsp	½ tsp
lemon	1/2	1
Greek yoghurt	1 tub (100 g)	2 tubs (200 g)
cos lettuce	1 bag	2 bags
mango chutney	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2290kJ (546Cal)	290kJ (69Cal)
Protein (g)	24.1g	3.1g
Fat, total (g)	17.0g	2.2g
- saturated (g)	3.5g	0.4g
Carbohydrate (g)	65.8g	8.3g
- sugars (g)	15.2g	1.9g
Sodium (g)	1080mg	137mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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2018 | WK48

