



LENTIL, DILL & DUKKAH PATTIES

with Harissa Kumara, Beetroot & Feta Salad



Make flavour-packed lentil patties



Beetroot



Kumara



Harissa Paste



Walnuts



Lentils



Garlic



Dill



Spring Onion



Lemon



Dukkah



Fine Breadcrumbs



Feta



Mixed Salad Leaves



Dill & Parsley Mayonnaise

Hands-on: 25 mins
Ready in: 30 mins

Here's a new way to enjoy lentils: combine them with tasty feta and mild dukkah and form them into tender patties! The flavour doesn't stop there – on the side you'll have a fresh salad with chunks of spiced kumara and beetroot, and toasted walnuts. This is a veggie meal with all the good stuff!

Pantry Staples: Olive Oil, Egg, Honey

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** • **large frying pan**



1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **beetroot** (unpeeled) into 1cm chunks. Cut the **kumara** (unpeeled) into 2cm chunks. In a medium bowl, combine the **harissa paste**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper**. Add the beetroot and kumara and toss to coat. Spread the veggies over an oven tray lined with baking paper. Roast until tender, **20-25 minutes**. In the last **5 minutes** of cook time, add the **walnuts** to the side of the oven tray and bake until fragrant and toasted.



2 GET PREPPED

While the veggies are roasting, drain and rinse the **lentils**. Finely chop the **garlic** (or use a garlic press). Pick the **dill** leaves and finely chop. Thinly slice the **spring onion**. Zest the **lemon** to get a **pinch**.



3 MAKE THE PATTIES

In a medium bowl, mash the **lentils** until smooth using a potato masher or fork. Add the **garlic**, **dill** (use less if you're not a fan!), **spring onion**, **lemon zest**, **dukkah**, **egg** and **fine breadcrumbs**. Crumble in **3/4** of the **feta** and mix well. Using damp hands, form the mixture into 1cm-thick patties (you should get 3 patties per person). Place the patties on a plate and transfer to the fridge for **5 minutes**. **TIP:** Chilling the patties helps them firm up!



4 FRY THE PATTIES

Heat a large frying pan over a medium-high heat and add enough oil to coat the base of the pan. When the oil is hot, add the **lentil patties** and cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel. **TIP:** Let the patties get firm before trying to flip them, and add extra oil if needed to prevent sticking. **TIP:** If your pan is getting crowded, cook in batches for the best results!



5 MAKE THE SALAD

While the patties are cooking, slice the **lemon** into wedges. Combine the **honey**, a **squeeze** of **lemon** juice and a **drizzle** of **olive oil** in a medium bowl. Season with **salt** and **pepper** and mix well. Add the **mixed salad leaves**, **beetroot**, roasted **veggies** and **walnuts** to the dressing in the bowl. Just before serving, toss to coat. **TIP:** Allow the roasted veggies to cool slightly before adding to the salad to keep the leaves crisp.



6 SERVE UP

Divide the harissa kumara, beetroot and feta salad and lentil, dill and dukkah patties between plates. Crumble the remaining feta over the salad. Serve with the **dill & parsley mayonnaise** and any remaining lemon wedges.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
beetroot	1	2
kumara	1	1
harissa paste	1 sachet	2 sachets
walnuts	1 packet	2 packets
lentils	1 tin	2 tins
garlic	2 cloves	4 cloves
dill	1 bunch	1 bunch
spring onion	1 bunch	1 bunch
lemon	1	2
dukkah	1 sachet	2 sachets
egg*	1	2
fine breadcrumbs	2 packets	4 packets
feta	1 block (50 g)	1 block (100 g)
honey*	½ tsp	1 tsp
mixed salad leaves	1 bag (30 g)	1 bag (60 g)
dill & parsley mayonnaise	1 tub (50 g)	1 tub (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	3220kJ (769Cal)	585kJ (140Cal)
Protein (g)	25.1g	4.6g
Fat, total (g)	53.2g	9.7g
- saturated (g)	9.6g	1.8g
Carbohydrate (g)	45.8g	8.3g
- sugars (g)	12.4g	2.3g
Sodium (g)	1120mg	203mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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