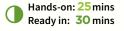


# **LENTIL, DILL & DUKKAH PATTIES**

with Harissa Kumara, Beetroot & Feta Salad





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!



Make flavour-packed lentil patties



















**Spring Onion** 



Lemon



Dukkah





Fine Breadcrumbs





Mixed Salad Leaves



Dill & Parsley Mayonnaise

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



## **ROAST THE VEGGIES**

Preheat the oven to 220°C/200°C fanforced. 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.



#### **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.



### **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!



#### mayonnaise \*Pantry Items

dill & parsley

olive oil'

beetroot

kumara

walnuts

lentils

garlic

lemon

dukkah

eqq'

feta

honey\*

dill

harissa paste

spring onion

fine breadcrumbs

mixed salad leaves

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

**INGREDIENTS** 

refer to

method

1 sachet

1 packet

2 cloves

1 bunch

1 bunch

1 sachet

2 packets

1 block

½ tsp

1 bag

(30 g)

1 tub

(50 g)

1

1 tin

1

1

refer to

method

2 sachets

2 packets

4 cloves

1 bunch

1 bunch

2 sachets

4 packets

1 block

1 tsp

1 bag

1 tub

2

2 tins

2 1

For allergens and ingredient information, visit HelloFresh.co.nz/recipes



#### **FRY THE PATTIES**

batches for the best results!

Heat a large frying pan over a mediumhigh 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



#### 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.



#### **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!** 

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589 Hello@HelloFresh.co.nz

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