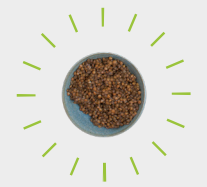




FETA & LENTIL BUNLESS BURGERS

with Kumara Fries



Make a lentil patty



Kumara



Red Onion



Garlic



Tomato



Beetroot



Lentils



Chermoula Spice Blend



Fine Breadcrumbs



Feta



Cos Lettuce



Garlic Aioli

Hands-on: **35 mins**
Ready in: **40 mins**

This bunless burger is the perfect light yet filling dinner. We've subbed a bread bun for crunchy lettuce leaves, but with all the trimmings – beetroot relish, tomato and kumara fries – who knew a lentil 'burger' could taste so good?

Pantry Staples: Olive Oil, Balsamic Vinegar, Brown Sugar, Eggs

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** • **medium saucepan** • **medium frying pan**



1 BAKE THE KUMARA FRIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **kumara** (unpeeled) into 1cm fries. Place the kumara fries on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Toss to coat, spread out in a single layer and bake for **25-30 minutes**, or until tender.



2 GET PREPPED

While the kumara is baking, thinly slice the **red onion**. Finely chop the **garlic** (or use a garlic press). Thinly slice the **tomato**. Grate the **beetroot** (unpeeled). **TIP:** To prevent stained fingers, pop on some gloves! Drain and rinse the **lentils**.



3 MAKE THE BEETROOT RELISH

In a medium saucepan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **red onion** and cook, stirring, for **3-4 minutes** or until soft. Add the **beetroot**, **balsamic vinegar** and **brown sugar** and cook, stirring, for **2-3 minutes**, or until caramelised. Reduce the heat to medium and add the **water**. Cook, stirring occasionally, for **7-8 minutes**, or until reduced. Season to taste with **salt** and **pepper**. Reduce the heat to low and cook, stirring occasionally, until ready to serve.



4 PREP THE LENTIL PATTIES

While the beetroot relish is cooking, place the **lentils** in a medium bowl and coarsely mash using a potato masher or fork. Add the **garlic**, **chermoula spice blend**, **fine breadcrumbs**, **egg**, **salt** and crumble in the **feta** (see ingredients list). Stir until well combined. Using damp hands, shape the mixture into patties (you should get 2 patties per person). Place on a plate and refrigerate until ready to cook.



5 COOK THE LENTIL PATTIES

When the kumara has **10 minutes** cook time remaining, heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Cook the **lentil patties** for **3 minutes** on each side, or until golden. **TIP:** To help the patties stay together, don't flip too early.



6 SERVE UP

Place a few **cos lettuce** leaves on each plate and top with a lentil and feta patty, a dollop of **garlic aioli**, tomato slices, beetroot relish and another lettuce leaf. Serve with the kumara fries.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
kumara	2	4
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
beetroot	1	2
lentils	1 tin	2 tins
balsamic vinegar*	2 ½ tbs	½ cup
brown sugar*	4 tsp	2 ½ tbs
water*	½ cup	¾ cup
chermoula spice blend	1 sachet	2 sachets
fine breadcrumbs	1 packets	2 packets
eggs*	1	2
salt*	½ tsp	1 tsp
feta	¼ block (50 g)	½ block (100 g)
cos lettuce	1	2
garlic aioli	1 tub (50 g)	2 tubs (100 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2970kJ (709Cal)	376kJ (90Cal)
Protein (g)	27.5g	3.5g
Fat, total (g)	22.9g	2.9g
- saturated (g)	4.9g	0.6g
Carbohydrate (g)	87.7g	11.1g
- sugars (g)	33.3g	4.2g
Sodium (g)	1600mg	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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