



Lentil, Parsley & Dukkah Patties

with Roasted Sweet Potato & Fetta Salad

Grab your Meal Kit
with this symbol



Sweet Potato



Beetroot



Walnuts



Lentils



Garlic



Parsley



Spring Onion



Dukkah



Vegetable Stock Pot



Fine Breadcrumbs



Fetta Cubes



Rocket Leaves



Golden Goddess Dressing



Dill & Parsley Mayonnaise

 Hands-on: **25-35 mins**
Ready in: **30-40 mins**

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

Pantry items

Olive Oil, Egg, Plain Flour, Honey

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
sweet potato	1	2
beetroot	1	2
walnuts	1 packet	2 packets
lentils	1 tin	2 tins
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
spring onion	2 stems	4 stems
dukkah	1 sachet	2 sachets
egg*	1	2
vegetable stock pot	1 tub (20g)	1 tub (40g)
plain flour*	2 tsp	1 tbs
fine breadcrumbs	2 packets	4 packets
fetta cubes	1 medium packet	1 large packet
honey*	½ tsp	1 tsp
rocket leaves	1 bag (30g)	1 bag (60g)
golden goddess dressing	1 tub (30g)	2 tubs (60g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3163kJ (756Cal)	617kJ (147Cal)
Protein (g)	28.4g	5.5g
Fat, total (g)	39.5g	7.7g
- saturated (g)	7.3g	1.4g
Carbohydrate (g)	64.8g	12.6g
- sugars (g)	20.4g	12.6g
Sodium (mg)	2137mg	417mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Chop the **sweet potato** into bite-sized chunks. Cut the **beetroot** into small chunks. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. 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.

TIP: Beetroot stays firm when cooked. It's done when you can pierce it with a fork.

4



Cook the patties

Heat a large frying pan over a medium-high heat and add enough **oil** to coat the base. When the oil is hot, place a few **lentil balls** in the pan and flatten with a spatula until 1cm thick. Cook until golden and cooked through, **3-4 minutes** each side. Transfer to a plate lined with paper towel. Repeat with the remaining balls.

TIP: Let the patties get firm before trying to flip them and add extra oil if needed to prevent sticking.

2



Get prepped

While the veggies are roasting, drain and rinse the **lentils**. Finely chop the **garlic**. Roughly chop the **parsley**. Thinly slice the **spring onion**.

5



Make the salad

While the patties are cooking, combine the **mixed salad leaves**, **sweet potato**, **beetroot** and **walnuts** in a large bowl. Just before serving, add the **golden goddess dressing** and toss to coat.

TIP: Allow the roasted veggies to cool slightly before adding to the bowl to keep the leaves crisp.

3



Make the patties

In a medium bowl, roughly mash the **lentils** using a potato masher. Add the **garlic**, **parsley**, **spring onion**, **dukkah**, **egg**, **vegetable stock pot**, **plain flour** and **fine breadcrumbs**. Crumble in 1/2 the **fetta cubes** and mix well. Season to taste. Using damp hands, roll the mixture into small balls (you should get 3 per person). Place the balls on a plate and transfer to the fridge for **5 minutes**.

TIP: Chilling the mixture helps the patties firm up!

6



Serve up

Divide the sweet potato salad and dukkah patties between bowls. Crumble the remaining fetta cubes over the salad. Serve with the **dill & parsley mayonnaise**.

Enjoy!