



Cooking Made Easy

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Curried Lentil Burgers

Every week literally thousands of you wonderful cooks give us feedback on our recipes via the little questionnaire we email to you. And every week our Renee reads through every single answer (we've given her a comfortable chair and as much tea as she likes to ease the process). A lot of mentions have been coming through about creating a hearty veggie burger, so Patrick headed into the kitchen and this tasty number was the result. Let us know what you think!

35 min

veggie

spicy



Maris Piper Potato



Cucumber



Carrot



Onion



Coriander



Organic Lentils



Red Curry Paste



Panko Breadcrumbs



Natural Yoghurt



Demi Brioche Buns



Rocket

Ingredients

| | 2P | 4P |
|----------------------------------|--------|---------|
| Maris Piper Potatoes, chopped | 2 | 4 |
| Cucumber, peeled | ½ | 1 |
| Carrot, cubed | ½ cup | 1 cup |
| Onion, chopped | ½ cup | 1 cup |
| Coriander, chopped | 2 tbsp | 4 tbsp |
| Organic Lentils, mashed | 1 tin | 2 tins |
| Red Curry Paste | ¾ tbsp | 1½ tbsp |
| Panko Breadcrumbs 1 | ½ cup | 1 cup |
| Natural Yoghurt 2 | 2 tbsp | 4 tbsp |
| Demi Brioche Buns 1, 2, 3 | 2 | 4 |
| Rocket | ½ bag | 1 bag |

🍷 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Gluten | **2)** Milk

3) Egg

Nutrition per serving: Calories: 676 kcal | Protein: 28 g | Carbs: 99 g | Fat: 14 g | Saturated Fat: 2 g



3 Pre-heat the oven to 220 degrees. Wash the potatoes then chop lengthways into wedges the thickness of your index finger. Toss in 1 tbsp of olive oil and ¼ tsp of salt and spread on a baking tray. Cook on the top shelf of the oven until crispy (around 25 mins).



2 Peel the outside green part of the cucumber and discard. Peel strips of the cucumber lengthways all the way round (you won't need the squidgy seeds in the middle). Mix the cucumber with ½ tsp of salt and leave in a colander for 10 mins.



3 Chop your carrot into cubes less than ½cm in size. Peel and finely chop your onion. Chop the coriander. Drain, rinse and finely mash your lentils with a fork in a large bowl.



4 Heat ½ tbsp of olive oil in a frying pan on medium heat. Once hot, add the carrot and onion and cook for 3 mins. Stir in the curry paste and fry for another minute, then remove from the heat.

5 Mix the onion and carrot into the lentils. Add the breadcrumbs, chopped coriander, ½ tsp of salt

and a few good grinds of black pepper. Stir everything together. Divide the mixture into two equal portions and gently form into burger patties. **Tip:** *If your appetite allows it, place the patties in the fridge for 10 mins before frying. This will help the mixture stay together.*

6 Squeeze the moisture out of the cucumber (preferably between a few sheets of kitchen towel). Then mix together with 2 tbsp of yoghurt and a few grinds of pepper. Split your brioche buns in half. Put a frying pan on medium-high heat. Toast the buns for a couple of mins on each side and then remove.

7 In your (now empty) frying pan, add 1 tbsp of olive oil on medium-high heat. Once hot, cook the patties for 3 mins on both sides, or until golden and heated through.

Tip: *Don't prod and poke the patties or they could break - be sure to cook them completely on one side before turning over.*

8 To serve, top your buns with the rocket, patties and the cucumber relish. Serve your potato wedges on the side and tuck in.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!