



More Than Food
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Lamb Patties with Yoghurty Lentils and Sweet Potato Discs

You know when you go to someone's house and they cook you something so delicious you just HAVE to recreate it as soon as possible? Well this is what happened when Mimi's friend Livvy made these delicious lentils, they were all Mimi could think about for the next three days, so she just had to share them with the HelloFresh family!

 35 mins

 gluten free



Sweet Potato



Onion



Mint



Red Chili



Lamb Mince



Cumin



Smoky Coriander



Organic Lentils



Natural Yoghurt



Lemon

Ingredients

	2P	4P
Sweet Potato, sliced	1	2
Onion, chopped	1	2
Mint, chopped	3 tbsp	5 tbsp
Red Chilli, chopped	1 tsp	2 tsp
Lamb Mince	250g	500g
Cumin	1 tbsp	2 tbsp
Smoky Coriander	3 tsp	6 tsp
Organic Lentils	1 tin	2 tins
Natural Yoghurt 1	1 pot	2 pots
Lemon	½	1

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

Allergens

1) Milk

Nutrition per serving: Calories: 619 kcal | Protein: 39 g | Carbs: 52 g | Fat: 27 g | Saturated Fat: 13 g



1

1 Pre-heat your oven to 180 degrees and cut your sweet potato into roughly 1cm thick discs (no need to peel!). Put them on a baking tray and drizzle over 1 tbsp of oil. Add ¼ tsp of salt and a good grind of pepper. Make sure everything has a good covering of oil and pop them in the oven for 25-30 mins until cooked and slightly crispy.



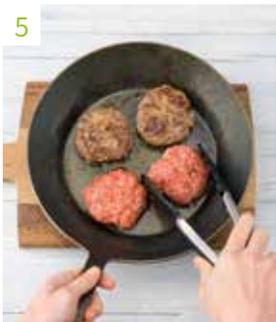
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2 Peel and chop half your onion into roughly 2cm pieces, chop the other half very finely into ½ cm pieces. Pull your mint leaves from their stalks and finely chop. Finely chop your chilli.



3

3 Put your lamb mince in a bowl with your finely chopped onion, half your cumin, half your smoky coriander, half your mint, ¼ tsp of salt and a good grind of pepper. Mix together with your hands until well combined and then divide the mixture into four patties.



5

4 Add 1 tbsp of oil to a frying pan and add your remaining onion, cook for 5 mins until soft and then add the rest of your cumin and smoky coriander, along with your chopped chilli (the amount you add depends on how spicy you like

things!). Cook for a further minute. Drain and rinse your lentils in a sieve (if you have one) and add them to the onion, cook for 4 mins before putting a lid on the pan to keep them warm, taking off the heat and setting aside.

5 Put 1 tbsp of oil in a frying pan and add your patties. Cook for 5 mins on each side until browned and cooked, then remove the pan from the heat.

6 Add your yoghurt, remaining chopped mint and 1 tbsp of lemon juice to your lentils and gently stir to combine. **Tip:** Add less lemon if you aren't too keen on citrusy flavours!

7 Take your sweet potatoes out of the oven. Serve your lentils with the patties on top and the sweet potatoes alongside. Enjoy!

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