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## Spiced Lentil Burger with Tomato and Coriander Salad

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 and Ellie read through every single answer (we've given them comfortable chairs and as much tea as they like to ease the process). We've had a lot of requests from our veggie customers recently for a delicious veggie burger so Andre headed into the kitchen to create this masterpiece! Let us know what you think!

45 mins

veggie

spicy



Garlic Clove (2)



Red Onion (1)



Coriander (5 tbsp)



Organic Butter Beans  
(1 tin)



Red Curry Paste  
(1 tbsp)



Organic Lentils (1 tin)



Panko Breadcrumbs  
(50g)



Lime (1)



Natural Yoghurt  
(1 pot)



Baby Gem Lettuce  
(1)



Vine Tomato (2)



Ginger (1 tsp)



Brioche Bun (2)

## Ingredients

2 PEOPLE

ALLERGENS

Garlic Clove, grated	2	
Red Onion, chopped	1	
Coriander, chopped	5 tbsp	
Organic Butter Beans	1 tin	
Red Curry Paste	1 tbsp	
Organic Lentils	1 tin	
Panko Breadcrumbs	50g	Soya, Gluten
Lime	1	
Natural Yoghurt	1 pot	Milk
Baby Gem Lettuce	1	
Vine Tomato, chopped	2	
Ginger, grated	1 tsp	
Brioche Bun	2	Egg, Gluten, Milk

🌱 Our fruit and veggies come straight from the farm so give them a little wash before using

### Did you know...

Butterbeans are also known as baby lima beans.

**Nutrition per serving:** Calories: 816 kcal | Protein: 30 g | Carbs: 101 g | Fat: 32 g | Saturated Fat: 9 g

2



**1** Peel and grate the **garlic** (or use a garlic press if you have one!). Cut the **red onion** in half through the root, peel and then chop into ½cm chunks (or as small as you can!). Roughly chop the **coriander**. Heat a frying pan on medium heat and add 1 tbsp of **oil**. When the **oil** is hot, add the **red onion** and cook for 5 mins. Add half the grated **garlic** and cook for 1 minute more.

3



**2** As your **onions** cook, drain the **butter beans** into a colander and rinse under cold water. Transfer to a bowl and mash the **butter beans** with a potato masher or a fork. It is ok to leave a few **butter beans** whole. Add your **onions** when they are soft (wipe the frying pan clean as you will use it again later), half the chopped **coriander**, the **red curry paste** and ¼ tsp of **salt** and mix well. Drain the **lentils** into a colander, rinse under cold water and then mix into the **butter beans**. Add the **panko breadcrumbs** along with 4 tbsp of **water**. Mix well and then shape into even sized burgers. **Tip:** *There will be some leftover mix; shape it into smaller patties and you'll have falafels ready for later in the week!*

4



**3** Pop your veggie burgers in your fridge for 10 mins and finish off the rest of your prep. Zest and juice the **lime**. Mix half the juice and half the zest into the **yoghurt** along with the leftover **garlic**. Season with a pinch of **salt** and then stir in the remaining chopped **coriander**.

**4** Chop the root off the **baby gem lettuce** and separate the leaves. Slice one of the **tomatoes** and chop the other into eight wedges. Pop the **tomato** wedges into a bowl with two thirds of the **baby gem** leaves.

6



**5** Next make the dressing for the salad. Peel and grate the **ginger**. Mix the **ginger** with the leftover **lime** juice and zest. Add ½ tsp of **sugar** (if you have some) and stir well to dissolve the **sugar** and then add in 2 tbsp of **oil**. Season with a pinch of **salt** and keep to one side.

**6** Cut the **brioche buns** in half. Heat a frying pan on medium-high heat (you can use your frying pan you fried the onions in, no need to wash!) and toast the **brioche buns** cut side down for 30 seconds until golden brown. Keep to one side. Add 1 tbsp of **oil** to the pan and when the **oil** is hot, carefully pop your veggie burgers in and cook for 3-5 mins on each side or until golden brown. Use a fish slice to turn them over as they can be fragile!

**7** Dress your salad with your dressing and mix well to make sure the leaves are well coated. Smear both sides of the **brioche buns** with some of your **yoghurt** dressing and pop two leaves of **baby gem** on each base. Pop the burger on top and then a couple of slices of **tomato**. Pop the top on and serve alongside a generous pile of the **tomato** and **baby gem** salad. Serve any remaining **yoghurt** on the side. Enjoy!

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