



More Than Food
HelloFresh.co.uk



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on You'll be entered into our weekly photo contest!

Spiced Lentil Burger with Zesty 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 Ellie reads through every single answer (we've given her a comfortable chair and as much tea as necessary, to ease the process). We've had a lot of requests from our veggie customers recently for a delicious veggie burger, so André headed into the kitchen to create this masterpiece! Let us know what you think!

45 mins

4 of your 5 a day

veggie

spicy

eat within 4 days



Garlic Clove (2)



Red Onion (1)



Coriander (2 bunches)



Butter Beans (1 tin)



Red Curry Paste (1 tbs)



Green Lentils (1 tin)



Panko Breadcrumbs (30g)



Lime (1)



Natural Yoghurt (1 pot)



Baby Gem Lettuce (1)



Vine Tomato (2)



Ginger (1)



Brioche Bun (2)

2 PEOPLE INGREDIENTS

- Garlic Clove, grated
- Red Onion, chopped
- Coriander, chopped
- Butter Beans
- Red Curry Paste
- Green Lentils
- Panko Breadcrumbs

- Lime
 - Natural Yoghurt
 - Baby Gem Lettuce
 - Vine Tomato, chopped
 - Ginger, grated
 - Brioche Bun
- 2
1
2 bunches
1 tin
1 tbsp
1 tin
30g
- 1
1 pot
1
2
1 tsp
2

 Our fruit and veggies may need a little wash before cooking!

Did you know...

Butter beans are also known as baby lima beans.

Allergens: Milk, Egg, Soya, Gluten.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	679 kcal / 2860 kJ	14 g	5 g	106 g	21 g	33 g	2 g
Per 100g	94 kcal / 395 kJ	2 g	1 g	15 g	3 g	5 g	0 g

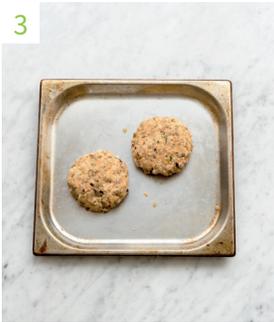
Red Curry Paste: Glucose Syrup, Water, Spices (Garlic, Coriander, Paprika, Chilli), Vegetable Oil, Salt, Lime Juice Powder, Sugar, Tomato Powder, Onion Extract, Red Cabbage Extract.

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. Roughly chop the **coriander**. Heat a frying pan on medium heat with a drizzle of **oil**. Cook your **onion** for 5 mins, then add half your **garlic** and cook for 1 minute more.

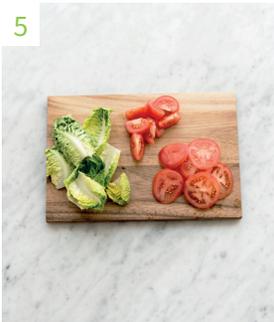
3



2 Drain the **butter beans** in a colander and rinse under cold water. Transfer your **beans** to a bowl and mash with a potato masher or fork. Add half your **coriander**, the **red curry paste**, a generous pinch of **salt**, your **onion** and mix well. Wipe the pan with kitchen paper, as you will use it again later.

3 Drain the **lentils**, rinse under cold water and add to your **bean mixture**. Tip in the **breadcrumbs** along with 2 tbsp of **water** per person. Mix well and then firmly shape into even-sized **burgers** with your hands. **Tip:** Make sure they are well squidged together. **Tip:** There will be some leftover mix; shape it into smaller patties and you'll have extra falafels!

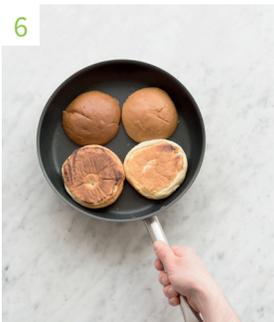
5



4 Pop the **burgers** in your fridge while you make your **yoghurt dressing** and **salad**. Zest and juice the **lime**. Mix half your **juice** and half your **zest** to the **yoghurt** along with your remaining **garlic**. Season with a pinch of **salt** and then stir in the rest of your **coriander**.

5 Cut the root off the **baby gem lettuce** and separate the leaves. Slice half of the **tomatoes** and chop the rest into **wedges**. Pop your **tomato wedges** into a bowl with two-thirds of your **baby gem leaves**. To make the **zesty salad dressing**, peel and grate the **ginger**. In a small bowl, mix your **ginger** with your remaining **lime juice** and **zest**. Add a pinch of **sugar** per person (if you have some) and stir well, then mix in 1 tbsp of **olive oil** per person and season with a pinch of **salt**.

6



6 Cut each **brioche bun** in half. Heat the frying pan on medium-high heat (no need for oil) and place each **bun** cut-side down for 30 seconds, until lightly toasted. Add a glug of **oil** to the pan and when the oil is hot, carefully cook your **burgers** for 5 mins on each side or until golden brown. **Tip:** Use a fish slice to turn them over as they can be fragile!

7 Pour your **zesty salad dressing** over your **salad** and toss. Smear the insides of each **bun** with some of your **yoghurt dressing** and pop two **baby gem leaves** on each base. Sit your **burger** on top followed by a couple of slices of **tomato**. Pop on the top of your **bun** and serve with a generous pile of your **salad** and any remaining **yoghurt dressing** on the side. Enjoy!

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