



# TANDOORI LENTIL BUNLESS BURGER

with Oven Fries & Cucumber Raita



Lose the bun for a guilt-free burger!



Potato



Coriander



Tomato



Cucumber



Lentils



Fine Breadcrumbs



Tandoori Paste



Lemon



Greek Yoghurt



Cos Lettuce



Mango Chutney

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

Low calorie

Mix up your burger menu with this bunless lentil version. The patty comes together quickly and with a gentle spice from tandoori paste, it's full of flavour. With all the fresh burger trimmings, including a creamy yoghurt and sweet mango chutney, plus baked potato chips, this is a satisfying plate of goodness!

**Pantry Staples:** Olive Oil, Egg, Plain Flour

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



## 1 BAKE THE FRIES

Preheat the oven to **220°C/200°C fan-forced**. Slice the **potatoes** (unpeeled) into 1cm fries. Place the potato on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then bake for **25-30 minutes** or until tender.

**TIP:** Cut the potato to the correct size so they cook in the allocated time.



## 2 GET PREPPED

While the fries are baking, finely chop the **coriander**. Thinly slice the **tomato**. Thinly slice **1/2** the **cucumber** and finely chop the remaining cucumber.



## 3 MAKE THE PATTIES

Drain and rinse the **lentils** and transfer **1/2** to a medium bowl. Using a potato masher or fork, mash the lentils until as smooth as possible. Add the **egg**, **fine breadcrumbs**, **plain flour**, **coriander**, **tandoori paste**, the **salt**, a **squeeze** of **lemon juice** and the **remaining** lentils. Mix until well combined. Using damp hands, shape the mixture into 2cm thick patties (2 per person). Place the patties in the fridge until you are ready to cook them. **TIP:** Refrigerating the patties helps them hold their shape.



## 4 COOK THE PATTIES

When the fries have **10 minutes** of cook time remaining, heat a **good drizzle** of **olive oil** in a large frying pan over a medium-high heat. Add the **lentil patties** and cook for **4-5 minutes** on each side or until browned and cooked through. **TIP:** Don't flip the patties before they are done, this will help them stay together.



## 5 MAKE THE CUCUMBER RAITA

While the patties are cooking, combine the **Greek yoghurt**, chopped **cucumber**, a **squeeze** of **lemon juice** and a **pinch** of **salt** and **pepper** in a medium bowl.



## 6 SERVE UP

Place a few cos lettuce leaves on each plate and top with a lentil patty, tomato and cucumber slices and a dollop of cucumber raita and **mango chutney**. Serve with the oven fries.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	2	4
coriander	1 bunch	1 bunch
tomato	1	2
cucumber	1	2
lentils	1 tin	2 tins
egg*	1	2
fine breadcrumbs	1 packet	2 packets
plain flour*	2 tbs	4 tbs
tandoori paste	1 tub (50 g)	2 tubs (100 g)
salt*	¼ tsp	½ tsp
lemon	½	1
Greek yoghurt	1 tub (100 g)	1 tub (185 g)
cos lettuce	1	2
mango chutney	1 tub (50 g)	1 tub (100 g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2580kJ (616Cal)	319kJ (76Cal)
Protein (g)	26.2g	3.3g
Fat, total (g)	17.2g	2.1g
- saturated (g)	3.6g	0.4g
Carbohydrate (g)	80.1g	9.9g
- sugars (g)	15.2g	1.9g
Sodium (g)	1080mg	134mg

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589

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