



# Lentil fritters

with garden salad and peri peri mayo



Make this dish within 5 days of receiving your meal kit



Cooking equipment: baking tray/s



Pantry items needed: olive oil



Hands-on: 20-25 minutes

Ready in: 45 minutes



Serves: 2 or 4

These lentil fritters are so tasty and simple to make, as well as being super healthy! Baked not fried, full of vegetables and protein and served with a fresh garden salad and our house-made peri peri mayo. You'll be left feeling satisfied and nourished.

*FAMILY FRIENDLY | NO ADDED GLUTEN | Spicy (mild)*

## Before you start

Read through the recipe and give your fresh produce a wash.

## Ingredients

	2 serves	4 serves
Olive oil*	As needed	As needed
Red lentils	1 packet	1 packet
Water for lentils*	300ml	600ml
Fritter dry mix	1 packet	1 packet
Water for fritters*	100ml	200ml
Potato	250g	500g
Carrot	120g	240g
Shallot	30g	60g
Avocado	90g	180g
Cucumber	100g	200g
Cherry tomatoes	60g	120g
Peri peri mayo	1 tub	1 tub
Mesclun and rocket mix	50g	100g
French vinaigrette	1 tub	2 tubs

\* Pantry items

## Allergens and ingredients

May contain traces of allergens.

For full details of allergen and ingredient information contact us at (02) 8773 4584.

# Instructions

## 1. Cook lentils

Preheat oven to 200°C and grease a baking tray/s with **olive oil\***. In a fine sieve, rinse **lentils** for **30 seconds**. In a small pot over high heat, add **lentils** and **water for lentils\***, bring to a boil, reduce to a simmer and cook until very soft, about **10 minutes**. Drain and set aside.

## 2. Prepare ingredients

In a large bowl, whisk together **fritter dry mix** and **water for fritters\*** and allow to sit for **10 minutes**. Peel **potato**. Coarsely grate **potato** and **carrot** (see tip) and squeeze out as much liquid as possible. Finely dice **half the shallot** and set the remainder aside.

## 3. Make fritters

Add **lentils**, **potato**, **carrot** and diced **shallot** to the **fritter mix** and stir to combine. Divide **fritter mix** into portions (**6 for 2 serves** or **12 for 4 serves**) and using your hands, shape each portion into a ball and flatten to make a **fritter**. Place onto baking tray/s, spaced out so they are not touching and bake for **25 minutes**, gently flipping over halfway through.

## 4. Prepare salad

Finely slice remaining **shallot**. Spoon out **avocado** (**½ for 2 serves** and **1 for 4 serves**) and slice into thick wedges. Slice **cucumber**. Slice **tomatoes** into halves.

## 5. Serve

Serve **lentil fritters** onto plates with **peri peri mayo** on the side. Arrange **mesclun and rocket mix**, **shallot**, **avocado**, **cucumber** and **tomato** and drizzle over **French vinaigrette**.

## Cooking tip

To save time, grate potato and carrot using a food processor.

Eat your way  
to healthy!



**Lentils** are a great source of protein and fibre and an excellent source of B vitamins, iron, magnesium, potassium and zinc.

Lentils have been linked to various health benefits, including improved gut health, blood-pressure management and lower risk of heart disease and type 2 diabetes.

## Nutritional information\*

	Per 435g serve	Per 100g
Energy	<b>1971kJ (472Cal)</b>	<b>453kJ (108Cal)</b>
Protein	22.3g	5.1g
Fat, total	14.8g	3.4g
- Saturated	3.1g	0.7g
Carbohydrate	53g	12g
- Sugars	11g	2g
Sodium	937mg	215mg

\* Nutritional information is based on averages