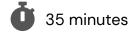




Lentil Patties

with Cheddar Cheese Sauce

Mushroom and lentil patties served with a paprika-spiced cheddar cheese sauce, roasted carrots and fresh vegetables.





2 servings



Speed it up!

If you don't want to make the lentil patties you can use the ingredients to make a lentil Bolognese, just add cooked pasta.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

24g 36g

6g

36g

FROM YOUR BOX

MUSHROOMS	1 bag (150g)
TINNED LENTILS	400g
DUTCH CARROTS	1 bunch
CHEDDAR CHEESE	150g
BABY COS LETTUCE	1
ТОМАТО	1
AVOCADO	1

FROM YOUR PANTRY

oil for cooking, salt, pepper, smoked paprika, milk, apple cider vinegar

KEY UTENSILS

large frypan, oven tray, saucepan

NOTES

You can use a food processor to finely chop your mushrooms if desired

Use a second oven tray if desired.

Instead of making the cheese sauce, you can slice cheese and add to the lentils patties to melt for the last 2 minutes of cooking time.



1. COOK THE MUSHROOMS

Set oven to 220°C.

Heat a large frypan over medium-high heat with oil. Finely chop mushrooms (see notes) and add to pan as you go along with 1 tsp smoked paprika, salt and pepper. Cook, stirring, for 5 minutes. Remove to a bowl.



2. PREPARE LENTIL PATTIES

Drain and rinse lentils. Add to bowl with mushrooms. Use a fork or potato masher to mash lentils. Season with **salt and pepper.** Form into 2 patties on one side of a lined oven tray.



3. ROAST THE CARROTS

Trim dutch carrots. Toss on lined oven tray (see notes) with **oil**, **salt and pepper**. Roast with lentil patties for 15-20 minutes or until tender.



4. MAKE CHEESE SAUCE

Heat a saucepan over medium heat. Crumble in cheddar (see notes). Add 2 1/2 tsp milk and 1 1/2 tsp smoked paprika. Whisk continuously for 1-2 minutes until cheese is melted and becomes sauce consistency.



5. MAKE THE SALAD

Roughly chop lettuce. Wedge tomato and avocado. Add to a bowl along with 1 tbsp vinegar, toss to combine.



6. FINISH AND SERVE

Divide roasted carrots and salad among plates along with lentil patties and cheese sauce.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the My Recipes tab in your Profile and leave a review! Text us on 0481 072 599 or send an email to hello@dinnertwist.com.au



