




### Product Spotlight: Lentils


Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving - the equivalent to eating about 3 whole eggs!



## H4 Lentil Patties with Cheddar Cheese Sauce

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

 35 minutes

 4 servings

 Vegetarian

28 January 2022

## 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** 16g **TOTAL FAT** 21g **CARBOHYDRATES** 31g

## FROM YOUR BOX

MUSHROOMS	1 bag (300g)
TINNED LENTILS	2 x 400g
DUTCH CARROTS	1 bunch
PURPLE CARROTS	2
CHEDDAR CHEESE	150g
BABY COS LETTUCE	1
TOMATOES	2
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 **2 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 4 patties on one side of a lined oven tray.



### 3. ROAST THE CARROTS

Trim dutch carrots. Quarter purple 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 tomatoes 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**

