



Lentil Croquettes with Watercress and Yoghurt Dressing

 1h  2 Portions

Get lentil as anything with these crispy lentil croquettes. Lentils are processed with charred spring onions, rye bread, creamy ricotta and spices to produce a lovely mix that's simply rolled and fried. Teamed with a watercress yoghurt sauce for freshness, this well-balanced vegetarian dinner is a winner!

What we send

- panini rye bread ¹
- lentil sprouts
- long green chilli, garlic, coriander, spring onion
- croquette spice mix
- watercress
- ricotta cheese ⁷
- sauce mix
- kombu dashi powder
- Greek-style yoghurt ⁷
- French blue lentils

What you'll require

- Australian honey
- salt
- vegetable oil

Utensils

- baking paper
 - chargrill or frypan
 - large frypan
 - oven tray
 - paper towel
 - sieve
 - small saucepan
 - stick blender/food processor/mortar and pestle
- Our veggies come straight from the farm, so please wash them before cooking.

Allergens

Gluten (1), Milk (7). May contain traces of other allergens.

Nutrition per serving

Energy 720.0kcal, Fat 27.2g, Proteins 33.6g, Carbs 78.8g



1. Make yoghurt sauce

Preheat oven to 200C. Place **lentils** in a small saucepan with 625ml (2½ cups) water. Bring to a simmer, cover and cook for 15-20 mins until tender. Drain any excess water. Let the lentils cool for at least 10 mins. Combine **yoghurt**, 1 tbs **honey** and ½ tsp **salt** in a bowl.



2. Make watercress sauce

Pick **coriander** sprigs and finely chop stems. Coarsely chop half of the **watercress** (reserving rest for salad) including the stalks and place in a small food processor or blender with the **coriander**, **kombu dashi powder**, 80ml (⅓ cup) cold water, **sauce mix** and ½ tsp **salt**. Blend until smooth.



3. Chargrill onions

Heat a chargrill pan over medium-high heat. Cook the **spring onions** for 3 mins each side, pressing down with a weight or heavy pan, until they start to char. Set aside to cool to room temperature and coarsely chop. Meanwhile, coarsely chop the **chilli**. Tear the **rye bread** into bite-size pieces. Finely chop the **garlic**.



4. Make croquettes

Place the **lentils**, **charred spring onions**, **rye bread**, **ricotta**, **chopped garlic**, 1 tsp **salt**, **chilli** and **croquette spice mix** in a food processor and process until a smooth paste forms. Transfer to a large bowl and stir in half of the **sprouts** (reserve remaining for another use).



5. Fry croquettes

Using wet hands, gently shape mixture into 5cm balls. Heat 2 tbs **oil** in a large frypan over medium-high heat. Cook **croquettes**, in batches, for 3 mins each side until brown and crisp. Transfer to a plate lined with paper towel. Repeat with remaining croquettes. Arrange on a tray lined with baking paper and bake in the oven for 5-10 mins until cooked through.



6. Get ready to serve

Pick the reserved **watercress sprigs**. Add the **watercress sauce** to the **yoghurt** and gently stir to combine without fully incorporating (the sauce should be a swirl of green and white). Spoon onto plates and top with **croquettes**. Garnish with watercress sprigs.