



Mushroom Patty Salad

with Lentils and Tahini Yoghurt Dr...



30-40min



2 Portions

We have meat-free midweek cooking covered with these deeply savoury mushroom patties. Pan-fried until crisp and golden brown, then layered over a potato and lentil salad and drizzled with a nutty tahini yoghurt dressing. Even your household's most confirmed carnivore will be satisfied.

What we send

- French-style lentils
- capsicum
- mushroom burger patty ^{1,11}
- mixed salad leaves
- tahini ¹¹
- mint, garlic
- tomato
- chat potato
- Greek-style yoghurt ⁷
- lemon

What you'll require

- extra virgin olive oil
- olive oil
- sea salt and pepper

Utensils

- medium saucepan
- sieve
- small frypan

Our vegies come fresh from the farm, so please wash them before use.

Cooking tip

Make the tahini sauce vegan by removing the yoghurt and subbing in vegan mayo or coconut yoghurt if you have some.

Allergens

Gluten (1), Milk (7), Sesame (11). May contain traces of other allergens.

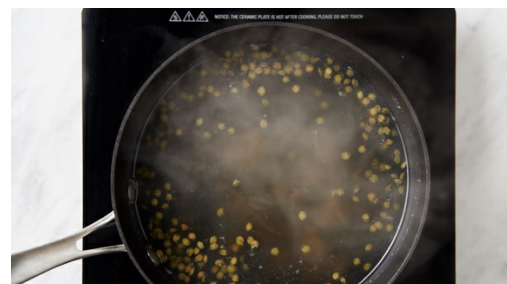
Nutrition per serving

Energy 820kcal, Fat 38.7g, Carbs 79.6g, Proteins 29.7g



1. Prepare vegetables

Quarter the **unpeeled potatoes**. Finely grate the zest of **half the lemon**, then juice the half (the remaining half won't be used in this dish). Crush or finely chop the **garlic**.



2. Cook lentils

Rinse the **lentils** in a sieve. Put the lentils and **potatoes** in a medium saucepan of cold water and bring to the boil. Reduce heat to medium-low and cook for 20 mins or until the lentils and potatoes are tender. Drain.



3. Make tahini sauce

Meanwhile, put **lemon juice**, **half the tahini**, **half the yoghurt** and **half the garlic** in a small bowl (the remaining tahini and yoghurt won't be used in this dish), season with **salt** and whisk to combine, adding a little water if the sauce is too thick. Finely chop the **tomato**. Finely chop the **capsicum**, discarding the seeds and membrane.



4. Warm patties

Heat **2 tsp olive oil** in a medium frypan over medium heat. Cook the **mushroom patties** for 3-4 mins each side until browned and warmed through.



5. Make salad

Meanwhile, finely chop the **mint** leaves, discarding the stems. Whisk the **lemon zest**, **remaining garlic** and **2 tbs extra virgin olive oil** in a large bowl and season with **salt and pepper**. Add the **lentils**, **potatoes** and **mint**.



6. Get ready to serve

Add the **tomato**, **capsicum** and **mixed salad leaves** to the bowl and gently toss to combine. Divide the **lentil and potato salad** and **mushroom patties** among plates and drizzle with the **tahini sauce** to serve.