



Indian-Spiced Chickpea Patties

with Fries, Salad & Garlic Sauce

Grab your Meal Kit with this symbol



Potato



Chickpeas



Carrot



Cherry Tomatoes



Coriander



Lime



Caramelised Onion Chutney



Fine Breadcrumbs



Vegetable Stock Pot



Mumbai Spice Blend



Mixed Salad Leaves



Garlic Sauce

Hands-on: 30-40 mins
Ready in: 35-45 mins

Transform canned chickpeas into tender patties infused with caramelised onion chutney and spices, then serve them with golden fries and zesty lime mayo. It's a taste sensation you'll crave again and again!

Pantry items

Olive Oil, Egg, Plain Flour, White Wine Vinegar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
chickpeas	1 tin	2 tins
carrot	1	2
cherry tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
lime	½	1
caramelised onion chutney	1 packet (40g)	2 packets (80g)
egg*	1	2
plain flour*	1 tbs	2 tbs
fine breadcrumbs	1 medium packet	1 large packet
vegetable stock pot	1 packet (20g)	1 packet (40g)
Mumbai spice blend	1½ sachets	3 sachets
salt*	¼ tsp	½ tsp
white wine vinegar*	drizzle	drizzle
mixed salad leaves	1 small bag	1 medium bag
garlic sauce	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2898kJ (693Cal)	427kJ (102Cal)
Protein (g)	23.1g	3.4g
Fat, total (g)	26.4g	3.9g
- saturated (g)	3.2g	0.5g
Carbohydrate (g)	81.5g	12g
- sugars (g)	22.8g	12g
Sodium (mg)	1982mg	292mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** into fries. Place on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the fries between two trays.



Cook the patties

In a large frying pan, add enough **olive oil** to coat the base and heat over a medium-high heat. When the oil is hot, cook the **patties**, in batches, until golden, **2-3 minutes** each side. Transfer to a plate lined with paper towel.

TIP: Add extra oil between batches if needed to ensure the patties don't stick to the pan!



Get prepped

While the fries are baking, drain and rinse the **chickpeas**. Grate the **carrot**. Halve the **cherry tomatoes**. Roughly chop the **coriander**. Slice the **lime** into wedges.



Make the salad

In a medium bowl, combine a drizzle of **white wine vinegar** and **olive oil**. Season, then add the **mixed salad leaves** and **cherry tomatoes**. Toss to coat.



Make the patties

In a medium bowl, add the **chickpeas**, **caramelised onion chutney** and **egg**. Mash with a potato masher or fork until the chickpeas are broken up. Add the **carrot**, **coriander**, **plain flour**, **fine breadcrumbs**, **vegetable stock pot**, **Mumbai spice blend** (see ingredients) and the **salt**. Mix well to combine. Using damp hands, form 1/4 cup of the mixture into a ball, then flatten into a 1cm-thick patty. Transfer to a plate. You should get 3-4 patties per person.

TIP: Add a little more flour if the mixture is too wet.



Serve up

Divide the Indian-spiced chickpea patties, fries and salad between plates. Squeeze some lime juice over the patties. Serve with a dollop of **garlic sauce**.

Enjoy!

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