



Thai-Style Chickpea Patties & Sesame Fries

with Tomato Salad & Mayo

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Ginger



Garlic



Tomato



Spring Onion



Mint



Lime



Chickpeas



Fine Breadcrumbs



Southeast Asian Spice Blend



Mixed Salad Leaves



Sweet Chilli Sauce



Crispy Shallots



Mayonnaise

Hands-on: **30-40** mins
Ready in: **40-50** mins

Low Calorie

With zesty lime, bold ginger and a kick of sweet chilli, these golden patties get a hit of all the classic Thai flavours. Team them with our crispy sesame fries and you've got a meal that's sure to spice up your weeknight routine.

Pantry items

Olive Oil, Egg, Soy Sauce

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
mixed sesame seeds	1 sachet	2 sachets
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
tomato	1	2
spring onion	1 bunch	1 bunch
mint	1 bunch	1 bunch
lime	½	1
chickpeas	1 tin	2 tins
egg*	1	2
fine breadcrumbs	½ packet	1 packet
Southeast Asian Spice Blend	1 sachet	2 sachets
salt*	¼ tsp	½ tsp
mixed salad leaves	1 bag (50g)	1 bag (60g)
sweet chilli sauce	1 packet (50g)	1 packet (100g)
soy sauce*	1 tsp	2 tsp
crispy shallots	1 packet	2 packets
mayonnaise	1 packet (40g)	1 packet (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2260kJ (540Cal)	402kJ (96Cal)
Protein (g)	18.9g	3.4g
Fat, total (g)	16.5g	2.9g
- saturated (g)	3.5g	0.6g
Carbohydrate (g)	72.0g	12.8g
- sugars (g)	26.7g	4.8g
Sodium (g)	1290mg	230mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Slice the **potato** (unpeeled) into 1cm fries. Spread the fries over an oven tray lined with baking paper. Season with **salt** and **pepper**, **drizzle with olive oil** and sprinkle with **mixed sesame seeds**. Toss to coat and bake until tender, **25-30 minutes**.

TIP: Cut the potato to the correct size so it cooks in the allocated time.



2. Get prepped

While the fries are baking, finely grate the **ginger** and **garlic** (or use a garlic press). Roughly chop the **tomato**. Thinly slice the **spring onion**. Pick and slice the **mint** leaves. Zest the **lime** (see **ingredients list**), then cut into wedges. Drain the **chickpeas**.



3. Make the patties

In a medium bowl, add the **chickpeas**, **egg**, **ginger** and **garlic**. Mash with a potato masher until the chickpeas are thoroughly broken up. Add the **spring onion**, **fine breadcrumbs** (see **ingredients list**), **Southeast Asian spice blend**, the **salt** and **1/2 the mint**. Mix until the mixture is sticking together. Using damp hands, form a large spoonful of the mixture into a ball, then flatten into a 1cm-thick patty. Repeat with the **remaining mixture**, you should get 3-4 patties per person.



4. Cook the patties

Heat a large frying pan over a high heat with enough **olive oil** to coat the base of the pan. When the oil is hot, add the **patties** to the pan and cook until golden, **3-4 minutes** on each side, adding more oil if needed. Transfer the **patties** to a plate lined with paper towel.



5. Finish the sides

While the patties are cooking, in a small bowl, combine the **sweet chilli sauce**, **soy sauce**, **lime zest** and a **squeeze of lime juice**. In a second medium bowl, combine the **mixed salad leaves**, **tomato**, a **squeeze of lime juice**, remaining **mint** and a **drizzle of olive oil**.



6. Serve up

Divide the sesame fries, tomato salad and chickpea patties between plates. Drizzle the Thai-style sweet chilli sauce over the patties. Sprinkle over the **crispy shallots**. Serve with the **mayonnaise** and remaining lime wedges.

TIP: For the low-calorie option, serve with half the mayo.

Enjoy!