

# Thai-Spiced Chickpea Patties & Mayo

with Sesame Fries & Tomato Salad

Grab your Meal Kit with this symbol



Potato



Mixed Sesame Seeds



Garlic



Cherry/Snacking Tomatoes



Coriander



Mint



Lemon



Chickpeas



Thai Stir-Fry Spice



Sweet Chilli Sauce



Mixed Salad Leaves



Crispy Shallots



Mild Curry Paste



Japanese Dressing



Mayonnaise

### Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: **30-40 mins**  
Ready in: **40-50 mins**

Naturally Gluten-Free  
*Not suitable for coeliacs*

With zesty lemon, bold curry paste 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, Plain Flour (or Gluten-Free Plain Flour), Milk



## 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
<b>olive oil*</b>	refer to method	refer to method
potato	2	4
mixed sesame seeds	1 medium packet	2 medium packets
garlic	2 cloves	4 cloves
cherry/snacking tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
mint	1 bag	1 bag
lemon	½	1
chickpeas	1 tin	2 tins
<b>egg*</b>	1	2
mild curry paste	1 medium packet	1 large packet
<b>plain flour*</b> (or gluten-free plain flour)	¼ cup	½ cup
<b>milk*</b>	1 tbs	2 tbs
Thai stir-fry spice	1 medium sachet	1 large sachet
mixed salad leaves	1 medium bag	1 large bag
Japanese dressing	1 packet	2 packets
sweet chilli sauce	1 small packet	1 medium packet
mayonnaise	1 packet (40g)	1 packet (100g)
crispy shallots	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2956kJ (706Cal)	466kJ (111Cal)
Protein (g)	23.6g	3.7g
Fat, total (g)	36.1g	5.7g
- saturated (g)	5.5g	0.9g
Carbohydrate (g)	72.1g	11.4g
- sugars (g)	18.2g	2.9g
Sodium (mg)	2026mg	319mg

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](https://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 oven to **240°C/220°C fan-forced**.
- Cut **potato** into fries.
- Place on a lined oven tray. Drizzle with **olive oil**, sprinkle with **mixed sesame seeds** and season with **salt** and **pepper**. 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, heat enough **olive oil** to coat the base over medium-high heat.
- When oil is hot, cook **patties** until golden, **3-4 minutes** each side.
- Transfer to a paper towel-lined plate.

**TIP:** Don't flip before the time is up to ensure your patties can set.

**TIP:** Add extra oil if needed to ensure the patties don't stick to the bottom of the pan.



## Get prepped

- Meanwhile, finely chop **garlic**.
- Halve **cherry tomatoes**. Roughly chop **coriander**. Pick and slice **mint** leaves.
- Zest **lemon** to get a good pinch, then slice into wedges.
- Drain and rinse **chickpeas**.



## Finish the sides

- In a large medium bowl, combine **mixed salad leaves**, **cherry tomatoes**, **Japanese dressing**, a squeeze of **lemon juice**, remaining **mint** and a drizzle of **olive oil**. Set aside.
- In a small bowl, combine **sweet chilli sauce**, **mayonnaise** and **lemon zest**.



## Make the patties

- In a medium bowl, add **chickpeas**, the **egg**, **mild curry paste** and **garlic**. Thoroughly mash with a potato masher until chickpeas are broken up.
- Add the **flour**, the **milk**, **Thai stir-fry spice**, **coriander** and 1/2 the **mint**. Combine until mixture is sticking together.
- Using damp hands, form heaped spoonfuls of **mixture** into balls, then flatten into 1cm-thick **patties** (3-4 per person). Set aside on a plate.



## Serve up

- Divide sesame fries, tomato salad and Thai-spiced chickpea patties between plates.
- Sprinkle with **crispy shallots**.
- Serve with sweet chilli mayonnaise and any remaining lemon wedges. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns

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