



Everything But The Chef

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Coriander & Chilli Patties

Just when you thought only meat-eaters had all the fun, how about these Coriander and Chilli Patties 'eh? We promise you they're not filled with scary fillers; they're literally just chickpeas, herbs, chilli and flour and they're delicious. Served on a bed of rice noodles and greens with a tangy dressing, they're a protein rich, Vietnamese delight!

Prep: 10 mins
Cook: 15 mins
Total: 25 mins
 level 1
 gluten free †
 vegan
 low kJ
 spicy

Pantry Items

- Soy Sauce
- Plain Flour
- Water
- Brown Sugar
- Olive Oil



Chickpeas



Red Onion



Coriander



Mint



Birdseye Chilli



Rice Stick Noodles



Lemon



Cucumber



Snow Peas

2P	4P	Ingredients	
1 tin	2 tins	chickpeas, drained & rinsed	
½	1	red onion, finely chopped	⊕
1 bunch	2 bunches	coriander, finely chopped	
½ bunch	1 bunch	mint, finely chopped	⊕
1	2	birdseye chilli, finely chopped	
1 tbs	2 tbs	salt reduced soy sauce *	
1 tbs	2 tbs	plain flour *	
⅓ packet	⅔ packet	rice stick noodles	
1	2	cucumber, halved & sliced into half moons	
100 g	200 g	snow peas, trimmed & cut into matchsticks	A
1 tbs	2 tbs	water *	
½	1	lemon, juiced	⊕
1 tsp	2 tsp	brown sugar *	
2 tsp	1 tbs	olive oil *	

⊕ May feature in another recipe

* Pantry Items

Nutrition per serving

Energy	1580	Kj
Protein	13.3	g
Fat, total	2.1	g
-saturated	0.2	g
Carbohydrate	71	g
-sugars	5.7	g
Sodium	278	mg

Measuretool

0 cm	1 cm	2 cm

f To ensure this is a gluten free recipe, please check that your sauces & condiments are gluten free.



You will need: *chef's knife, chopping board, colander, medium bowl, potato masher, large bowl, small bowl, and a medium frying pan.*

1 Combine the **chickpeas**, **red onion**, half of the **coriander**, half of the **mint**, the **birdseye chilli** and half of the **salt-reduced soy sauce** in a medium bowl. Using a potato masher, mash the chickpeas (leave the mixture a little bit chunky). Add the **plain flour** and combine well. Shape the mixture into patties (3 per person). Set aside.

Tip: If your patties aren't holding together, add some extra flour.



2 Cook the **rice stick noodles** according to the packet directions. Drain. Transfer to a large bowl. Add the remaining coriander and mint, **cucumber** and **snow peas**.

3 Meanwhile, in a small bowl combine the remaining soy sauce, **water**, **lemon juice**, and **brown sugar**. Add the dressing to the noodles and toss to coat well.

4 Heat the **olive oil** in a medium frying pan over a medium-high heat. Add the chickpea patties and cook for **3 minutes** on each side or until golden and heated through.

5 To serve, divide the noodles between bowls and top with the chickpea patties. If you have extra chilli, use it to garnish.



Did you know? A massive 90 million tonnes of chickpeas are grown globally each year!