



Indian Chickpea Patties

with Fries & Lime Mayo



Grab your Meal Kit with this symbol



Potato



Chickpeas



Carrot



Cucumber



Cherry Tomatoes



Coriander



Red Onion



Lime



Mango Chutney



Fine Breadcrumbs



Mumbai Spice Blend



Mayonnaise

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

Low Calorie

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

Pantry items

Olive Oil, Egg, Plain Flour

Before you start

Our fruit and veggies need a little wash first!

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
cucumber	1	2
cherry tomatoes	1 punnet	2 punnets
coriander	1 bag	1 bag
red onion	¼	½
lime	½	1
egg*	1	2
mango chutney	1 tub (50g)	1 tub (100g)
plain flour*	1 tbs	2 tbs
fine breadcrumbs	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
mayonnaise	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2300kJ (550Cal)	319kJ (76Cal)
Protein (g)	19.2g	2.7g
Fat, total (g)	18.9g	2.6g
- saturated (g)	2.0g	0.3g
Carbohydrate (g)	64.3g	8.9g
- sugars (g)	15.3g	2.1g
Sodium (g)	1090mg	151mg

Allergens

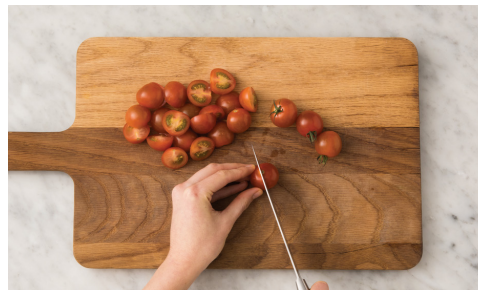
For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)



1. Bake the fries

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** (unpeeled) into 1cm fries. Place the fries on an oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch of salt** and **pepper** and toss to coat. Spread out in a single layer and roast on the top oven rack 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, drain and rinse the **chickpeas**. Grate the **carrot** (unpeeled). Finely chop the **cucumber**. Slice the **cherry tomatoes** in half. Roughly chop the **coriander**. Finely chop the **red onion** (see ingredients list). Zest the **lime** (see ingredients list) to get a **pinch**.

TIP: Feel free to leave the red onion out if you don't like raw onion!



3. Make the chickpea patties

In a medium bowl, place the drained **chickpeas**, **egg** and **mango chutney**. Mash with a potato masher until the chickpeas are broken up. Add the grated **carrot**, **plain flour**, **fine breadcrumbs**, **Mumbai spice blend**, the **salt** and **1/2 the coriander**. Combine until the mixture is sticking together. Using damp hands, form **1/3 cup** of the **mixture** into a ball, then flatten into a 1cm-thick patty. Repeat with the **remaining mixture**. You should get 3 patties per person.

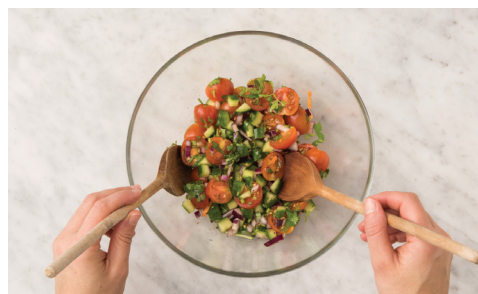
TIP: Add a little more flour if the mixture is too wet



4. Cook the chickpea patties

In a large frying pan, heat a **generous drizzle of olive oil** over a medium-high heat. When the oil is hot, add the **chickpea patties** and cook until golden, **2-3 minutes** each side. Add more oil if needed to prevent sticking.

TIP: If your pan is getting crowded, cook the patties in batches.



5. Make the salad

While the patties are cooking, combine the **cucumber**, **cherry tomatoes**, **red onion** (if using), **remaining coriander**, a **squeeze of lime juice** and a **drizzle of olive oil** in a medium bowl. Season with **salt** and **pepper** and, just before serving, toss to coat. In a small bowl, combine the **mayonnaise**, **lime zest** and a **squeeze of lime juice**.



6. Serve up

Divide the chickpea patties, fries and salad between plates. Serve with a dollop of lime mayo.

TIP: For the low-calorie option, serve with 1/2 the lime mayo.

Enjoy!