



Mexican Chickpea Patties

with Fries, Smokey Aioli & Corn Salad

Grab your Meal Kit with this symbol



Potato



Sweetcorn



Garlic



Carrot



Coriander



Spring Onions



Chickpeas



Lime



Tex-Mex Spice Blend



Fine Breadcrumbs



Cucumber



Tomato



Mixed Salad Leaves



Smokey Aioli

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

Low Calorie

Take all the great flavours of a burrito bowl and pack them into these crispy golden patties. With a charred corn salad and potato fries, you can't go wrong!

Pantry items

Olive Oil, Egg, Plain Flour

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
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
carrot	1	2
coriander	1 bunch	1 bunch
spring onions	1 bunch	1 bunch
chickpeas	1 tin	2 tins
lime	½	1
egg*	1	2
Tex-Mex spice blend	1 sachet	2 sachets
plain flour*	¼ cup	½ cup
salt*	½ tsp	1 tsp
fine breadcrumbs	1 packet	2 packets
cucumber	1	2
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
smokey aioli	1 tub (50g)	1 tub (100g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2290kJ (546Cal)	316kJ (75Cal)
Protein (g)	22.0g	3.0g
Fat, total (g)	13.9g	1.9g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	74.4g	10.3g
- sugars (g)	12.7g	1.8g
Sodium (g)	1230mg	170mg

Allergens

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



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. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 minutes**.

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



4. Cook the chickpea patties

Return the pan to a medium-high heat with a **generous drizzle** of **olive oil**. When the oil is hot, add the **chickpea patties** and cook until golden, **2-3 minutes** each side. Add more **olive oil** if the **patties** are sticking to the pan.



2. Get prepped

While the fries are baking, drain the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until lightly charred, **4-5 minutes**. Remove from the heat and transfer to a medium bowl. While the **corn** is cooking, finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Finely chop the **coriander**. Finely slice the **spring onions**. Drain and rinse the **chickpeas**. Slice the **lime** (see ingredients list) into wedges.

TIP: Cover the pan with a lid if the corn kernels are "popping" out.



5. Make the salad

While the **patties** are cooking, roughly chop the **cucumber** and **tomato**. Add a small drizzle of **olive oil** and a pinch of **salt** and **pepper** to the bowl of **sweetcorn**. Add the mixed leaves, **cucumber** and **tomato** to the bowl and toss to coat, then add a good squeeze of **lime juice**. Toss to combine.



3. Make the chickpea patties

In a medium bowl, combine the drained **chickpeas** and **egg**. Mash with a potato masher until the chickpeas are broken up. Add the **garlic**, **grated carrot**, **coriander** (reserve a pinch for garnish!), **spring onion**, **Tex-Mex spice blend**, **plain flour**, the **salt**, **fine breadcrumbs** and combine 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.



6. Serve up

Divide the fries, Mexican chickpea patties and charred corn salad between plates. Serve with the **smokey aioli** and remaining lime wedges. Garnish with the reserved coriander.

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

Enjoy!