



# MIDDLE EASTERN CHICKPEA PATTIES

with Sweet Potato Fries & Hummus



Make your own tzatziki!



Sweet Potato



Chickpeas



Zucchini



Cucumber



Spring Onion



Tomato



Garlic



Caramelised Onion Chutney



Fine Breadcrumbs



Ras El Hanout



Fetta



Greek Yoghurt



Hummus

Hands-on: 25 mins  
Ready in: 30 mins

Hey, chickpea, have we told you lately that we love you?! Especially in these patties with zucchini, ras el hanout and caramelised onion chutney. And to make it a total love-fest, we've added smooth and creamy hummus on the side!

**Pantry Staples:** Olive Oil, Egg, Plain Flour

## BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **large frying pan**



### 1 BAKE THE SWEET POTATO FRIES

Preheat the oven to **240°C/220°C fan-forced**. Cut the **sweet potato** (unpeeled) into 1cm fries. Place the **sweet potato** on the oven tray lined with baking paper. **Drizzle** with **olive oil**, season with a **pinch** of **salt** and **pepper** and toss to coat. Bake on the top oven rack until tender, **25-30 minutes**.

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



### 2 GET PREPPED

While the sweet potato fries are baking, drain and rinse the **chickpeas**. Grate the **zucchini** and squeeze out any excess moisture. Finely chop the **cucumber**. Thinly slice the **spring onion**. Roughly chop the **tomato**. Finely chop the **garlic** (or use a garlic press).



### 3 MAKE THE CHICKPEA PATTIES

In a medium bowl, place the drained **chickpeas**, **egg** and **caramelised onion chutney**. Mash with a potato masher until the **chickpeas** are broken up. Add the grated **zucchini**, **spring onion**, **garlic**, **plain flour**, **fine breadcrumbs**, **ras el hanout** and the **salt**. Combine until the mixture is sticking together.



### 4 COOK THE PATTIES

In a large frying pan, heat enough **olive oil** to coat the base of the pan over a medium-high heat. When the oil is hot, add a large spoonful of the **chickpea mixture** to the pan, then flatten into a 1cm-thick patty with a spatula. Repeat with the **remaining mixture** (you should get 3 patties per person) and cook until golden, **3-4 minutes** each side, adding more oil if needed. Transfer to a plate lined with paper towel. **TIP:** If your pan is getting crowded, cook in batches for best results!



### 5 MAKE THE SALAD & TZATZIKI

While the patties are cooking, in a medium bowl, place the **tomato**, **1/2 the cucumber** and crumble in the **fetta**. **Drizzle** with a **little olive oil** and season with **salt** and **pepper**. Stir to combine. In a second medium bowl, combine the **Greek yoghurt** with the **remaining cucumber**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**.



### 6 SERVE UP

Divide the Middle Eastern chickpea patties, sweet potato fries and tomato and fetta salad between plates. Serve the **hummus** and tzatziki on the side for dipping.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	2	4
chickpeas	1 tin	2 tins
zucchini	1	2
cucumber	1	2
spring onion	1 bunch	1 bunch
tomato	2	4
garlic	1 clove	2 cloves
egg*	1	2
caramelised onion chutney	1 tub (40g)	2 tubs (80g)
plain flour*	2 tbs	4 tbs
fine breadcrumbs	1 packet	2 packets
ras el hanout	1 sachet	2 sachets
salt*	½ tsp	1 tsp
fetta	1 block (25g)	1 block (50g)
Greek yoghurt	1 packet (100g)	2 packets (200g)
hummus	1 tub (100g)	2 tubs (200g)

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2790kJ (668Cal)	300kJ (72Cal)
Protein (g)	27.6g	3.0g
Fat, total (g)	24.3g	2.6g
- saturated (g)	6.6g	0.7g
Carbohydrate (g)	74.8g	8.0g
- sugars (g)	26.4g	2.8g
Sodium (g)	1030mg	110mg

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

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