

## MIDDLE EASTERN CHICKPEA PATTIES

with Sweet Potato Fries & Hummus





Make your own tzatziki!



Sweet Potato



Chickpeas



. . . . . . . . . . . . . . . . . . .



Cucumbe



Spring Onion



Tomat



C. J.



Caramelised Onion Chutney



Fine Breadcrumbs



Ras El Hanout



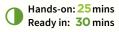
etta



**Greek Yoghurt** 



Hummus



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!

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



Preheat the oven to 240°C/220°C fanforced. 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).



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.



COOK THE PATTIES
In a large frying pan, heat enough olive
oil to coat the base of the pan over a mediumhigh 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!



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.



**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!** 

## |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)	<b>1 block</b> (50g)
Greek yoghurt	<b>1 packet</b> (100g)	<b>2 packets</b> (200g)
hummus	<b>1 tub</b> (100g)	2 tubs (200g)

\*Pantry Items

NUTRITION	PER SERVING	<b>PER 100G</b>
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** 

## → JOIN OUR PHOTO CONTEST!





#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

**2019** | WK42

**●** † HelloFRESH