



N° 7

Indian-Style Chickpea and Pistachio Burger

with Turmeric Wedges and Rocket

CLASSIC • 40 Minutes • Medium Heat • 2 of your 5 a day



Potato



Turmeric



Nigella Seed



Pistachios



Coriander



Carrot



Chickpeas



Plain Flour

Zanzibar
Curry Powder

Mango Chutney



Burger Bun



Vine Tomato



Rocket



Lemon



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Baking Trays, Coarse Grater, Sieve, Mixing Bowl and Large Frying Pan.

Ingredients

	2P	3P	4P
Potato**	2	3	4
Turmeric	1/2 sachet	3/4 sachet	1 sachet
Nigella Seed	1/2 pot	3/4 pot	1 pot
Pistachios 2)	1 bag	2 bags	2 bags
Coriander**	1 bunch	1 bunch	1 bunch
Carrot**	1	2	2
Chickpeas	1 carton	1 1/2 cartons	2 cartons
Plain Flour 13)	24g	36g	48g
Zanzibar Curry Powder 9)	1 small pot	3/4 large pot	1 large pot
Mango Chutney	1 sachet	1 1/2 sachets	2 sachets
Burger Bun 8) 11) 13)	2	3	4
Vine Tomato	1	2	2
Rocket**	1/2 bag	3/4 bag	1 bag
Lemon**	1/2	3/4	1
Mayonnaise** 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge



1. Roast the Wedges

Preheat the oven to 200°C. Chop the **potatoes** into 2cm wide wedges and pop on a tray. Drizzle with **oil** and season with **salt, pepper, turmeric** and **nigella seeds**. Use your hands to rub the **Flavourings** all over the **wedges**. Arrange in an even layer and roast in the middle of your oven until crisp and golden, 25-30 mins. Turn halfway through cooking.



4. Cook the Burgers

Heat a splash of **oil** in a large frying pan over medium-high heat. Fry the **chickpea burgers** in the hot **oil** until golden on both sides. This should take around 3-4 mins on each side.

5. Finish Off

Meanwhile, halve the **buns** and warm for 2 mins in the oven. Slice the **tomatoes**. Pop the **rocket** in a bowl. Halve the **lemon** and add a squeeze of **lemon juice** to the **rocket** along with a splash of **olive oil** and a pinch of **salt** and **pepper**. Toss together.

6. Serve

Spread a little **mayo** over each bun half. Pop a **chickpea burger** on the bottom bun, then place some **tomato slices** on top. Top with a handful of **rocket** and sit the other **half of the bun** on top. Share the **wedges** between your plates and place the **burger** alongside. Serve with any remaining **rocket** and **tomato** on the side. **Tuck in!**

Contact

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Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.