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Curried Chickpea Burgers with Mango Chutney

If you've ever had to suffer through a bland vegetarian patty on a burger, this is the recipe for you. Curried chickpeas will dispel any thoughts of bland from your mind and when paired with mango chutney, well, we reckon it's the bee's knees.



Prep: 15 mins

Cook: 15 mins

Total: 30 mins



level 1

Pantry Items



Plain Flour



Eggs



Olive Oil



Chickpeas



Carrot



Mild Curry Powder



Garlic



Wholemeal
Bake-At-Home
Burger Buns



Cos Lettuce



Tomato



Mango Chutney

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2P	4P	Ingredients
1 tin	2 tins	chickpeas, drained & rinsed
1	2	carrot, peeled & grated
⅓ sachet	1 ⅓ sachets	mild curry powder
1 clove	2 cloves	garlic, peeled & crushed 
2 tbs	4 tbs	plain flour
1	2	egg, whisked *
1 tbs	2 tbs	olive oil *
2	4	wholemeal bake-at-home burger buns
1 head	2 heads	cos lettuce, washed & roughly chopped
1	2	tomato, thinly sliced
1 tub	2 tubs	mango chutney

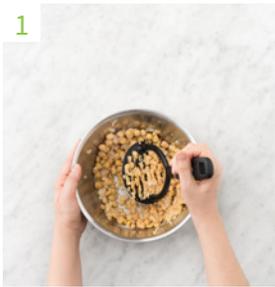
 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	2120	Kj
Protein	20.2	g
Fat, total	15.8	g
-saturated	2.5	g
Carbohydrate	63	g
-sugars	15.5	g
Sodium	633	mg



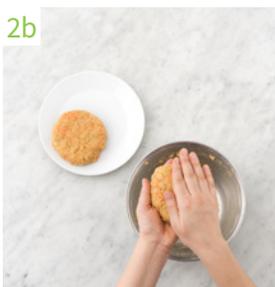
You will need: *chef's knife, chopping board, sieve, vegetable peeler, box grater, medium bowl, potato masher or fork, plate, medium frying pan, spatula and oven tray lined with baking paper.*

1 Preheat the oven to **200°C/180°C** fan-forced. Mash the **chickpeas** in a medium bowl until slightly chunky, like the consistency of mashed potato.

Tip: if you have a food processor, you can blitz this mixture until semi-smooth.

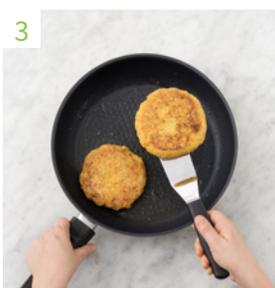


2 Add the grated **carrot**, **mild curry powder**, **garlic**, **plain flour** and **egg**. Season with **salt** and **pepper**. Stir to combine all of the ingredients. Shape the burgers into two large patties (you'll have little leftover). The mixture should be dry enough to shape. If it's too wet then add a little extra flour.



3 Heat the **olive oil** in a medium frying pan over a medium-high heat. Cook the veggie patties for **3-4 minutes** each side, or until golden and heated through.

4 Meanwhile, place the **wholemeal bake-at-home burger buns** on the prepared oven tray and cook in the oven for **7-8 minutes**, or until heated through. Slice in half.



5 To serve, place the **cos lettuce** on the base of the burger bun. Top with the chickpea patty, sliced **tomato** and **mango chutney**. Enjoy!

Did you know? The term “chutney” is originated from the Hindi word “chaṭnī”, meaning “to lick”.