



Indian Chickpea Veggie Patties

with Cherry Tomato Salsa & Lime Mayo

Grab your Meal Kit with this symbol



Potato



Chickpeas



Carrot



Cucumber



Cherry Tomatoes



Coriander



Red Onion



Lime



Mango Chutney



Fine Breadcrumbs



Mumbai Spice Blend



Mayonnaise

Hands-on: 20-30 mins
Ready in: 35-45 mins

Imagine a veggie rissole that's packed with flavour and fun. Now stop imagining, because here it is! Canned chickpeas are transformed into patties infused with mango chutney and spices, served with fries and a zesty lime mayo.

Pantry items

Olive Oil, Egg, Plain Flour

Before you start

Our fruit and veggies need a little wash first!

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
chickpeas	1 tin	2 tins
carrot	1	2
cucumber	1 (medium)	1 (large)
cherry tomatoes	1 punnet	1 punnet
coriander	1 bunch	1 bunch
red onion	¼	½
lime	½	1
egg*	1	2
mango chutney	1 packet (50g)	1 packet (100g)
plain flour*	1 tbs	2 tbs
fine breadcrumbs	1 packet	2 packets
Mumbai spice blend	1 sachet	2 sachets
salt*	½ tsp	1 tsp
mayonnaise	1 packet (100g)	2 packets (200g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2890kJ (689Cal)	371kJ (89Cal)
Protein (g)	20.2g	2.6g
Fat, total (g)	31.7g	4.1g
- saturated (g)	2.9g	0.4g
Carbohydrate (g)	69.3g	8.9g
- sugars (g)	16.2g	2.1g
Sodium (g)	1250mg	161mg

Allergens

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)



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. **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 potato to the correct size so it cooks in the allocated time!



2. Get prepped

While the fries are baking, drain and rinse the **chickpeas**. Grate the **carrot** (unpeeled). Finely chop the **cucumber**. Slice the **cherry tomatoes** in half. Roughly chop the **coriander**. Finely chop the **red onion** (see ingredients list). Zest the **lime** (see ingredients list) to get a **pinch**, then slice in half.

TIP: Omit the red onion if you don't like it raw.



3. Make the chickpea patties

In a medium bowl, place the drained **chickpeas**, **egg** and **mango chutney**. Mash with a potato masher or fork until the **chickpeas** have broken up. Add the grated **carrot**, **plain flour**, **fine breadcrumbs**, **Mumbai spice blend**, the **salt** and **1/2** the **coriander**. 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 patties per person.

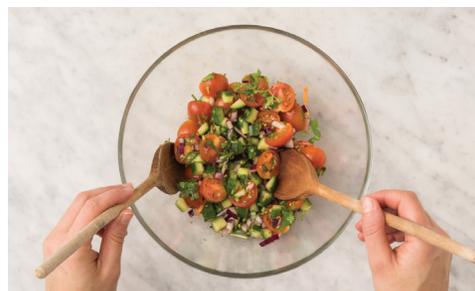
TIP: Add a little more flour if the mixture is too wet.



4. Cook the chickpea patties

In a large frying pan, heat a **generous drizzle** of **olive oil** over a medium-high heat. When the oil is hot, add the **chickpea patties** and cook until golden, **2-3 minutes** each side.

TIP: If your pan is getting crowded, cook the patties in batches. Add more oil if needed to prevent sticking.



5. Make the salsa

While the patties are cooking, combine the **cucumber**, **cherry tomatoes**, **onion** (if using), **remaining coriander**, a **squeeze of lime juice** and a **drizzle of olive oil** in a medium bowl. Season with **salt** and **pepper** and just before serving, toss to coat. In a small bowl, combine the **mayonnaise**, **lime zest** and a **squeeze of lime juice**.



6. Serve up

Divide the Indian chickpea veggie patties, fries and cherry tomato salsa between plates. Serve with the lime mayo.

Enjoy!