



# Mexican Chickpea Patties

with Fries, Smokey Aioli & Corn Salad

Grab your Meal Kit  
with this symbol



- Hands-on: 30-40 mins
- Ready in: 35-45 mins
- Low Calorie

Take all the great flavours of a burrito bowl and pack them into these crispy golden patties. With a charred corn salad and potato fries, you can't go wrong!

## Pantry items

Olive Oil, Egg, Plain Flour



Potato



Sweetcorn



Garlic



Carrot



Coriander



Spring Onions



Chickpeas



Lime



Tex-Mex Spice Blend



Fine Breadcrumbs



Cucumber



Tomato



Mixed Salad Leaves



Smokey Aioli

## Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

## 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
sweetcorn	1 tin (125g)	1 tin (300g)
garlic	2 cloves	4 cloves
carrot	1	2
coriander	1 bunch	1 bunch
spring onions	1 bunch	1 bunch
chickpeas	1 tin	2 tins
lime	½	1
egg*	1	2
Tex-Mex spice blend	1 sachet	2 sachets
plain flour*	¼ cup	½ cup
salt*	½ tsp	1 tsp
fine breadcrumbs	1 packet	2 packets
cucumber	1	2
tomato	1	2
mixed salad leaves	1 bag (30g)	1 bag (60g)
smokey aioli	1 tub (50g)	1 tub (100g)

\*Pantry Items

## Nutrition

	Per Serving	Per 100g
Energy (kJ)	2290kJ (546Cal)	316kJ (75Cal)
Protein (g)	22.0g	3.0g
Fat, total (g)	13.9g	1.9g
- saturated (g)	1.8g	0.3g
Carbohydrate (g)	74.4g	10.3g
- sugars (g)	12.7g	1.8g
Sodium (g)	1230mg	170mg

## Allergens

Always read product labels for the most up-to-date allergen information.

Visit [HelloFresh.com.au/foodinfo](https://HelloFresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



### 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. Season with **salt** and **pepper** and **drizzle** with **olive oil**. Toss to coat, then bake until tender, **20-25 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 the **sweetcorn**. Heat a large frying pan over a high heat. Add the **sweetcorn** and cook, tossing, until lightly charred, **4-5 minutes**. Remove from the heat and transfer to a medium bowl. While the **corn** is cooking, finely chop the **garlic** (or use a garlic press). Grate the **carrot** (unpeeled). Finely chop the **coriander**. Finely slice the **spring onions**. Drain and rinse the **chickpeas**. Slice the **lime** (see ingredients list) into wedges.

**TIP:** Cover the pan with a lid if the corn kernels are "popping" out.



### 4. Cook the chickpea patties

Return the pan to a medium-high heat with a **generous drizzle** of **olive oil**. When the oil is hot, add the **chickpea patties** and cook until golden, **2-3 minutes** each side. Add more **olive oil** if the **patties** are sticking to the pan.



### 5. Make the salad

While the **patties** are cooking, roughly chop the **cucumber** and **tomato**. Add a small drizzle of **olive oil** and a pinch of **salt** and **pepper** to the bowl of **sweetcorn**. Add the mixed leaves, **cucumber** and **tomato** to the bowl and toss to coat, then add a good squeeze of **lime juice**. Toss to combine.



### 3. Make the chickpea patties

In a medium bowl, combine the drained **chickpeas** and **egg**. Mash with a potato masher until the chickpeas are broken up. Add the **garlic**, **grated carrot**, **coriander** (reserve a pinch for garnish!), **spring onion**, **Tex-Mex spice blend**, **plain flour**, the **salt**, **fine breadcrumbs** and 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 3-4 patties per person.



### 6. Serve up

Divide the fries, Mexican chickpea patties and charred corn salad between plates. Serve with the **smokey aioli** and remaining lime wedges. Garnish with the reserved coriander.

**TIP:** For the low-calorie option, serve with half the **smokey aioli**.

**Enjoy!**