



Middle Eastern-Glazed Kumara Patties

with Herby Sumac Couscous Salad & Garlic Dip

Grab your Meal Kit with this symbol



Cucumber



Roasted Almonds



Radish



Herbs



Middle Eastern Seasoning



Couscous



Vegetable Stock Powder



Apricot Sauce



Salad Leaves



Turkish Sumac Seasoning



Garlic Dip



Plant-Based Kumara Patty

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 15-25 mins
Ready in: 20-30 mins

Plant Based

Have a craving for a burger but still want that veggie hit, then these kumara patties will definitely satisfy you. Glaze them in a Middle Eastern seasoning and a sweet apricot sauce, add an aromatic sumac couscous with refreshing herbs tossed through and dinner tonight will leave you feeling warm and full.

Pantry items

Olive Oil, White Wine Vinegar

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

Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cucumber	1 (medium)	1 (large)
roasted almonds	1 packet	2 packets
radish	2	3
herbs	1 bag	1 bag
plant-based kumara patty	½ packet	1 packet
Middle Eastern seasoning	½ sachet	1 sachet
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1 ½ cups
apricot sauce	½ packet (30g)	1 packet (60g)
salad leaves	1 small bag	1 medium bag
Turkish sumac seasoning	1 sachet	2 sachets
white wine vinegar*	drizzle	drizzle
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2768kJ (662Cal)	680kJ (163Cal)
Protein (g)	35.3g	8.7g
Fat, total (g)	31g	7.6g
- saturated (g)	18.8g	4.6g
Carbohydrate (g)	60.7g	14.9g
- sugars (g)	16.8g	4.1g
Sodium (mg)	2167mg	532mg

The quantities provided above are averages only.

Allergens

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

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Get prepped

- Boil the kettle. Roughly chop **cucumber** and **roasted almonds**. Thinly slice **radish** and **herbs**.
- Place **plant-based kumara patty** (see ingredients) on a flat surface, sprinkle over **Middle Eastern seasoning** (see ingredients) on both sides.



Cook the kumara patty

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **plant-based kumara patties** (see ingredients) until golden, **4-5 minutes** each side.
- Remove pan from heat, add **apricot sauce** (see ingredients), a splash of **water** and a pinch of **salt** and **pepper**. Gently turn **patties** to coat.

TIP: The spice blend will char slightly in the pan, this adds to the flavour!



Cook the couscous

- In a large heatproof bowl, add **couscous** and **vegetable stock powder**.
- Add the **boiling water** (see ingredients) and stir to combine.
- Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



Serve up

- To the bowl with couscous, add **salad leaves**, cucumber, radish, herbs, **Turkish sumac seasoning**, a drizzle of **white wine vinegar** and olive oil. Season to taste.
- Slice Middle Eastern-glazed kumara patties.
- Divide herby sumac couscous salad between plates. Top with kumara patties.
- Sprinkle over roasted almonds. Drizzle over **garlic dip**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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