



# Onion Bhaji Fritter Burger and Chips

with Mint Yoghurt, Mango Chutney and Tomato Salad

Classic 40-45 Minutes • Mild Spice • 2 of your 5 a day

4



Potatoes



Mint



Greek Style Natural Yoghurt



Onion



Carrot



Baby Plum Tomatoes



Korma Curry Paste



Burger Buns



Wild Rocket



Mango Chutney

**Pantry Items**

Oil, Salt, Pepper, Plain Flour, Egg

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep. Ingredients in **red** are hot!

## Cooking tools

Baking tray, bowl, grater, frying pan and kitchen paper.

## Ingredients

Ingredients	2P	3P	4P
Potatoes	450g	700g	900g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Natural Yoghurt**	150g	225g	300g
Onion**	1	2	2
Carrot**	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Korma Curry Paste 9)	50g	75g	100g
Burger Buns 13)	2	3	4
Wild Rocket**	40g	60g	80g
Mango Chutney	40g	80g	80g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Plain Flour*	40g	80g	80g
Salt*	¼ tsp	¼ tsp	½ tsp
Egg*	1	2	2

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3115/745	467/112
Fat (g)	19.1	2.9
Sat. Fat (g)	7.0	1.1
Carbohydrate (g)	122.3	18.3
Sugars (g)	34.1	5.1
Protein (g)	23.4	3.5
Salt (g)	3.41	0.51

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

7) Milk 9) Mustard 13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

## Contact

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## Chip, Chip, Hooray

Preheat your oven to 220°C/200°C fan/gas mark 7.

Chop the **potatoes** lengthways into 1cm slices, then chop into 1cm wide chips (no need to peel).

Pop the **chips** onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP: Use two baking trays if necessary.**

When the oven is hot, bake on the top shelf until golden, 25-30 mins. Turn halfway through.



## Fry your Fritters

Return the frying pan to medium-high heat with enough **oil** to coat the bottom.

Once hot, place heaped tablespoons of the **fritter mixture** (in batches) into the pan. Flatten slightly with the back of your spoon, then fry until golden and cooked through, 3-4 mins each side. **TIP: Don't flip them too early, they need time to set.**

Once cooked, transfer to a plate lined with kitchen paper.

Keep cooking in batches until all the **mixture** is used up - you should get **3-4 fritters** per person.

**TIP: Add extra oil in between batches if needed.**



## Bring on the Veg

Meanwhile, pick the **mint leaves** from their stalks, then roughly chop (discard the stalks) and pop into a small bowl. Add the **yoghurt**, season with **salt** and **pepper**, then set aside.

Halve, peel and thinly slice the **onion**. Trim the **carrot**, then coarsely grate (no need to peel).

Heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **onion** and **carrot**, season with **salt** and **pepper**, then stir-fry until softened, 3-4 mins.



## Prep your Burger Buns

While the last batch of **fritters** are frying, halve the **burger buns** and pop them into the oven to warm through, 2-3 mins.

Once warmed, transfer to your plates. Spread as much of the **mint yoghurt** as you'd like over the **bun bases**.



## Mix Things Up

In the meantime, halve the **baby plum tomatoes** and pop them into a medium bowl. Drizzle over a little **oil** and season with **salt** and **pepper**. Set aside.

When the **carrot** and **onion** have softened, transfer to a large bowl - keep the pan, you'll use it again.

Add the **korma curry paste**, **flour**, **salt** and **egg** (see pantry for all three amounts) to the large bowl. Season with **salt** and **pepper**, then mix together well. **TIP: Lift out some of the mixture with a spoon - if it's too wet and doesn't hold its shape, add a little more flour.**



## Assemble and Serve

Once the **fritters** are ready, stack them up on the **bun bases** and top with a handful of **rocket**. Spread the **mango chutney** onto the **bun lids**, then sandwich together.

Add the remaining **rocket** to the bowl of **tomatoes**. Toss together to coat.

Serve your **bhaji fritter burgers** with the **chips** and **salad** alongside. Serve any remaining **mint yoghurt** on the side for dipping.

Enjoy!