



CHICKPEA BURGERS

with Festive Slaw



HELLO XXX

xx



New Potatoes



Chickpeas



Pistachios



Dried Cranberries



Plain Flour



Rich Redcurrant Jelly



Apple



Spring Onion



Coleslaw Mix



Natural Yoghurt



Red Wine Vinegar



Dijon Mustard



Mayonnaise



Burger Bun

MEAL BAG

40 mins

2 of your 5 a day

Veggie

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got some **Baking Paper**, two **Large Baking Trays**, a **Sieve**, two **Mixing Bowls** and a **Large Frying Pan**. Now, let's get cooking!



1 ROAST THE POTATOES

Preheat your oven to 200°C. Chop the **new potatoes** into 2cm chunks and pop on a large lined baking tray. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until golden and crispy, 30-35 mins. Turn halfway through cooking. Meanwhile, drain and rinse the **chickpeas** in a sieve. Shell and roughly chop the **pistachios**. Roughly chop **half** the **cranberries**.



2 BURGER TIME

Pop the **chickpeas**, chopped **cranberries** and **half** the **pistachios** into a mixing bowl. Add the **flour**, **half** the **redcurrant jelly** and a good pinch of **salt** and **pepper**. Use a fork or masher to mash everything together until the **chickpeas** are well crushed and you have a thick textured paste-like mixture. Using your hands, squish the mixture into one **burger** per person, about the same width as the bun. Pop the **burgers** on a plate and refrigerate.



3 CHOP CHOP

Meanwhile, halve the **apple**, remove the core then slice thinly. Trim the **spring onion** and thinly slice. Pop the **apple**, **spring onion**, remaining **pistachios** and **cranberries** into another mixing bowl along with the **coleslaw mix**.



4 MAKE THE DRESSING

In a small bowl, mix together the **yoghurt**, **red wine vinegar**, **mustard** and **half** the **mayonnaise**. Season with a good pinch of **salt** and plenty of **pepper** then add to the bowl of **slaw** ingredients. Use your hands to combine everything well. Set aside.



5 FRY TIME

Heat a drizzle of **oil** in a large frying pan on medium heat. When hot, carefully lay in the **chickpea burgers** and fry until golden brown, 3-4 mins on each side, turning occasionally. Meanwhile, halve the **burger buns**, place on another baking tray and warm through on the top shelf of your oven for a few minutes.



6 SERVE

When you're ready to serve, spread a little of the remaining **redcurrant jelly** on the base of the **burger bun** and the rest of the **mayonnaise** on the lid. Lay the **chickpea burger** inside. Serve the **burgers** alongside plenty of **festive slaw** and **roasted potatoes**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

| | 2P | 3P | 4P |
|-----------------------|--------------|--------------|---------------|
| New Potatoes * | 1 small pack | 1 large pack | 2 small packs |
| Chickpeas | 1 carton | 1½ cartons | 2 cartons |
| Pistachios 2) | 1 bag | 1½ bags | 2 bags |
| Dried Cranberries | 1 bag | 1½ bags | 2 bags |
| Plain Flour 13) | 1 pot | 1½ pots | 2 pots |
| Rich Redcurrant Jelly | 2 pots | 3 pots | 4 pots |
| Apple * | 1 | 2 | 2 |
| Spring Onion * | 2 | 3 | 4 |
| Coleslaw Mix | 1 bag | 1½ bags | 2 bags |
| Natural Yoghurt 7) * | 1 pouch | 1½ pouches | 2 pouches |
| Red Wine Vinegar 14) | 1 sachet | 1½ sachets | 2 sachets |
| Dijon Mustard 9) * | ½ pot | ¾ pot | 1 pot |
| Mayonnaise 8) 9) * | 1 sachet | 1½ sachets | 2 sachets |
| Burger Bun 8) 11) 13) | 2 | 3 | 4 |

* Store in the Fridge

| NUTRITION PER UNCOOKED INGREDIENT | PER SERVING G | PER 100G |
|-----------------------------------|---------------|----------|
| Energy (kcal) | 969 | 140 |
| (kJ) | 4052 | 584 |
| Fat (g) | 31 | 5 |
| Sat. Fat (g) | 5 | 1 |
| Carbohydrate (g) | 140 | 20 |
| Sugars (g) | 48 | 7 |
| Protein (g) | 29 | 4 |
| Salt (g) | 1.47 | 0.21 |

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 8) Egg 9) Mustard 11) Soya 13) Gluten 14) Sulphites

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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