



Indian-Style Chickpea and Pistachio Burger

with Turmeric Wedges and Rocket

N° 7

CLASSIC 40 Minutes • Medium Heat • 2 of your 5 a day



Potato



Turmeric



Nigella Seed



Pistachios



Coriander



Carrot



Chickpeas



Plain Flour



Zanzibar
Curry Powder



Mango Chutney



Burger Bun



Vine Tomato



Rocket



Lemon



Mayonnaise

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Two Baking Trays, Coarse Grater, Sieve, Mixing Bowl and Large Frying Pan.

Ingredients

	2P	3P	4P
Potato**	2	3	4
Turmeric	½ sachet	¾ sachet	1 sachet
Nigella Seed	½ pot	¾ pot	1 pot
Pistachios 2)	1 bag	2 bags	2 bags
Coriander**	1 bunch	1 bunch	1 bunch
Carrot**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Plain Flour 13)	24g	36g	48g
Zanzibar Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 sachet	1½ sachets	2 sachets
Burger Bun 8) 11) 13)	2	3	4
Vine Tomato	1	2	2
Rocket**	½ bag	¾ bag	1 bag
Lemon**	½	¾	1
Mayonnaise** 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	618g	100g
Energy (kJ/kcal)	3638/870	589/141
Fat (g)	33	5
Sat. Fat (g)	4	1
Carbohydrate (g)	120	19
Sugars (g)	24	4
Protein (g)	24	4
Salt (g)	1.59	0.26

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 8) Egg 9) Mustard 11) Soya 13) Gluten

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

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK

You can recycle me!



1. Roast the Wedges

Preheat the oven to 200°C. Chop the **potatoes** into 2cm wide wedges and pop on a tray. Drizzle with **oil** and season with **salt, pepper, turmeric** and **nigella seeds**. Use your hands to rub the **Flavourings** all over the **wedges**. Arrange in an even layer and roast in the middle of your oven until crisp and golden, 25-30 mins. Turn halfway through cooking.



4. Cook the Burgers

Heat a splash of **oil** in a large frying pan over medium-high heat. Fry the **chickpea burgers** in the hot **oil** until golden on both sides. This should take around 3-4 mins on each side.



2. Prep

Meanwhile, remove the **pistachios** from their shells and finely chop. Roughly chop the **coriander** (stalks and all). Trim and coarsely grate the **carrot** (no need to peel). Drain and rinse the **chickpeas** in a sieve. Zest the **Lemon**.



5. Finish Off

Meanwhile, halve the **buns** and warm for 2 mins in the oven. Slice the **tomatoes**. Pop the **rocket** in a bowl. Halve the **lemon** and add a squeeze of **lemon juice** to the **rocket** along with a splash of **olive oil** and a pinch of **salt** and **pepper**. Toss together.



3. Make the Burgers

Pop the **chickpeas** into a large bowl. Break them up with the back of a fork then add the **carrot, lemon zest, coriander, the flour, Zanzibar spice mix** and **mango chutney**. Season with **salt** and **pepper**. Squish together with your hands until mushy and the **mixture** sticks together. Keep to one side.



6. Serve

Spread a little **mayo** over each bun half. Pop a **chickpea burger** on the bottom bun, then place some **tomato slices** on top. Top with a handful of **rocket** and sit the other **half** of the **bun** on top. Share the **wedges** between your plates and place the **burger** alongside. Serve with any remaining **rocket** and **tomato** on the side.

Tuck in!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.