

Herby Falafel Burger and Tahini Sauce

with Zahtar Sweet Potato Wedges and Tomato Salad

CLASSIC 35 Minutes • Little Heat • 3.5 of your 5 a day • 3.5 of your 5 a day • Veggie











Lemon







Baby Plum Tomatoes





Coriander



Chickpeas



Flat Leaf Parsley

Burger Bun



Plain Flour



Chermoula Spice





Super Dukkah Mix



Tahini Paste

Before you start

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

Basic cooking tools, you will need:

Baking Tray, Sieve, Mixing Bowl, Potato Masher and Frying Pan.

Ingredients

	2P	3P	4P	
Sweet Potato**	2	3	4	
Zahtar Spice	1 small pot	¾ large pot	1 large pot	
Lemon**	1/2	1	1	
Baby Plum Tomatoes	1 small punnet	1 large punnet	1 large punnet	
Coriander**	1 bunch	1 bunch	1 bunch	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Chickpeas	1 carton	1½ cartons	2 cartons	
Burger Bun 8) 11) 13)	2	3	4	
Plain Flour 13)	24g	36g	48g	
Chermoula Spice	1 small pot	1 large pot	1 large pot	
Zhoug	1 sachet	1½ sachets	2 sachets	
Super Dukkah Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots	
Tahini Paste 3)	1 small sachet	1 large sachet	2 small sachets	
Sugar for the Tahini Sauce*	1/4 tsp	½ tsp	½ tsp	
Water for the Tahini Sauce*	2 tbsp	3 tbsp	4 tbsp	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	727g	100g
Energy (kJ/kcal)	4073 /974	561/134
Fat (g)	33	5
Sat. Fat (g)	6	1
Carbohydrate (g)	136	19
Sugars (g)	26	4
Protein (g)	30	4
Salt (g)	2.26	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

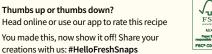
1) Peanut 2) Nut 3) Sesame 8) Egg 10) Celery 11) Soya 13) Gluten

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.

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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Preheat the oven to 200°C. Chop the **sweet potatoes** into 2cm wide wedges (no need to peel) and pop on a tray. Drizzle with oil, sprinkle over the zahtar and season with salt and pepper. 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.



2. Finish the Prep

Zest and halve the lemon. Halve the tomatoes and pop them in a bowl, add a drizzle of oil and a squeeze of lemon juice. Season with salt and **pepper** and set aside. Finely chop the **coriander** and parsley (stalks and all). Drain and rinse the chickpeas in a sieve. Halve the burger buns.



3. Shape the Burgers

Pop the chickpeas, lemon zest, coriander and parsley in a large bowl. Add the flour, chermoula spice, zhoug paste and half the dukkah. Season with **salt** and **pepper**. Using a masher or fork break up the **chickpeas** and mash everything together until you can form it into a ball - you need to still see some chickpea pieces so don't mash it too smoothly.



4. Fry the Burgers

Use your hands to squish the **mixture** into one burger-shaped patty per person, about 2cm thick pop them on a plate as you make them. **TIP:** *Make* the burgers the same diameter as your buns. Heat a splash of oil in a large frying pan over medium-high heat. Once hot carefully add the **burgers** and fry until golden on one side, 3-4 mins. Turn over gently and cook for a further 3-4 mins.



5. Make the Tahini Sauce

Whilst the burgers cook, put the **tahini** in a bowl, add a squeeze of **lemon juice**, **sugar** and **water** (see ingredients for both amounts). Season with salt and pepper, mix well with a fork until smooth and combined (it will look curdled at first). Taste and add more lemon juice, salt or pepper if you feel it needs it. Pop the burger buns in the oven for the last 2-3 mins of potato cooking time. Sprinkle the remaining dukkah over the tomatoes, mix.



6. Finish and Serve

Spoon the **tahini sauce** equally between the **burger bases** and spread it over. Pop a **burger** on top and add the lids. Serve with the wedges and tomato salad on the side. Add any remaining lemon cut into wedges.

Eniov!

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.