



Indian Style Chickpea Koftas

with Sweet Potato wedges, Limey Mayo and Salad

Classic 40 Minutes • Little Heat • 4 out of your 5 a day

17



Lime



Coriander



Carrot



Chickpeas



Sweet Potato



Plain Flour



North Indian Style Curry Powder



Mango Chutney



Cumin Seeds



Spring Onion



Medium Tomato



Cucumber



Cider Vinegar



Mayonnaise

Before you start

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

Cooking tools, you will need:

Fine Grater, Coarse Grater, Baking Tray and Frying Pan.

Ingredients

	2P	3P	4P
Lime**	½	1	1
Coriander**	1 bunch	1 bunch	1 bunch
Carrot**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Sweet Potato**	2	3	4
Plain Flour 13	24g	36g	48g
North Indian Style Curry Powder	1 sachet	1 sachet	2 sachets
Mango Chutney	1 sachet	1½ sachets	2 sachets
Cumin Seeds	1 sachet	1 sachet	1 sachet
Spring Onion**	2	3	4
Medium Tomato	2	3	4
Cucumber**	½	¾	1
Cider Vinegar 14	1 sachet	1 sachet	2 sachets
Mayonnaise 8 9	2 sachets	3 sachets	4 sachets
Olive Oil*	1 tbsp	2 tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	708g	100g
Energy (kJ/kcal)	2492/596	352/84
Fat (g)	16	2
Sat. Fat (g)	5	1
Carbohydrate (g)	100	14
Sugars (g)	34	5
Protein (g)	13	2
Salt (g)	1.34	0.19

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

8) Egg 9) Mustard 13) Gluten 14) Sulphites

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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Get Prepped

Preheat your oven to 200°C. Zest and halve the **lime**. Roughly chop the **coriander** (stalks and all). Trim and coarsely grate the **carrot** (no need to peel). Drain and rinse the **chickpeas**. Chop the **sweet potatoes** into 2cm wide **wedges** (no need to peel!). Pop the **wedges** on a large low sided wide baking tray. Drizzle with **oil**, then season with **salt** and **pepper**. Toss to coat, then spread out in a single layer. Once your oven is hot, roast on the top shelf of your oven until golden, 25-30 mins. Turn halfway through cooking. **Tip:** Use two baking trays if necessary, you want the **potatoes** nicely spread out.



Cook the Koftas

Heat a splash of **oil** in a large frying pan over medium-high heat. Shape the **chickpea mix** into two balls per person. Flatten each ball gently to 2cm thick and then fry in the hot **oil** until golden, 2-3 mins on each side. Transfer to a plate and cover with foil to keep warm.



Make the Koftas

Pop the **carrot**, **chickpeas** and **half** the **coriander** in a large bowl. Mix in the **flour**, **North Indian curry powder** and **mango chutney**. Season with **salt** and **pepper**. Squish together with your hands (or the back of a fork) until the **chickpeas** are nicely broken up and mushy and the **mixture** sticks together. Keep to one side.



Make the Zesty Mayo

Meanwhile, squeeze a little of the **lime juice** into a bowl. Add a pinch of **lime zest** and the **mayonnaise**. Stir together to combine, keep to one side. **Tip:** Add more **lime** if you like things zesty! When the **wedges** are ready, remove from the oven. Pop the **koftas** in the oven to warm through for a couple of minutes if necessary.



Make the Salad

Meanwhile, trim the root from the **spring onion** then thinly slice. Chop the **medium tomato** into 1cm chunks. Quarter the **cucumber** lengthways then chop into 1cm chunks. Mix together in a bowl and season with **salt**, **pepper** and the remaining **cumin seeds**. Drizzle on the **vinegar** along with the **olive oil** (see ingredients for amount) and the remaining **coriander**. Mix again and set aside.



Serve

Share the **wedges** between your plates and spoon the **salad** alongside. Pop the **koftas** on the plate and finish with a dollop of **limey mayo** to dip your **chips** in.

Enjoy!

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.