



Indian Style Chickpea Koftas

with Sweet Potato Fries, Zesty Mayo and Salad

Calorie Smart 40 Minutes • Under 600 Calories • Medium Spice • 4.5 of your 5 a day

17



Lime



Coriander



Carrot



Chickpeas



Plain Flour



North Indian Style
Curry Powder



Mango Chutney



Sweet Potato Fries



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:

Grater, Large Bowl, Baking Tray, Bowl and a Large 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
Plain Flour 13)	24g	36g	48g
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 sachet	1½ sachet	2 sachet
Sweet Potato Fries**	1 small pack	1 large pack	2 small packs
Cumin Seeds	1 small pot	1 small pot	1 large pot
Spring Onion	2	3	4
Medium Tomato	2	3	4
Cucumber**	½	¾	1
Cider Vinegar 14)	1 sachet	1 sachet	2 sachets
Olive Oil for the Dressing*	1 tbsp	2 tbsp	2 tbsp
Mayonnaise 8) 9)	2 sachets	3 sachets	4 sachets

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	595g	100g
Energy (kJ/kcal)	2004 / 479	337 / 80
Fat (g)	17	3
Sat. Fat (g)	2	1
Carbohydrate (g)	73	12
Sugars (g)	21	4
Protein (g)	12	2
Salt (g)	1.26	0.21

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, Soy, Gluten & Sulphites.

Contact

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Packed in the UK

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1



Start the Koftas

Preheat your oven to 210°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**. 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.

4



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. **IMPORTANT:** The koftas are cooked when they are no longer pink in the middle. Transfer to a plate and cover with foil to keep warm.

2



Roast the Fries

Give your hands a quick wash and then lay the **sweet potato fries** on a baking tray. Season with **salt and pepper** and sprinkle on a splash of **oil** and **half the cumin seeds**. Toss to coat, spread them out and roast in the middle of your oven until golden, 18-20 mins. Turn half way through cooking.

5



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 **fries** are ready, remove from the oven. Pop the **koftas** in the oven to warm through for a couple of minutes if necessary.

3



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.

6



Serve

Share the **fries** between your plates and spoon the **salad** alongside. Pop the **koftas** on the plate and finish with a dollop of **zesty 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.