



# Herby Falafel Burger and Tahini Sauce

with Zahtar Sweet Potato Wedges and Tomato Salad

N° 22

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



Sweet Potato



Zahtar Spice



Lemon



Baby Plum Tomatoes



Coriander



Flat Leaf Parsley



Chickpeas



Burger Bun



Plain Flour



Chermoula Spice



Zhoug



Super Dukkah Mix



Tahini Paste

## Before you start

Our fruit, veggies and herbs need a wash before you 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**	½	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*	¼ 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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## 1. Get Prepped

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.



## 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.



## 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**.



## 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.



## 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.



## 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.

## 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.