



Indian Style Chickpea Koftas

with Sweet Potato Fries and Salad

Nº 5

CLASSIC 40 Minutes • Medium Heat • 4.5 of your 5 a day • Veggie



Lime



Coriander



Carrot



Chickpeas



Plain Flour



North Indian Style Curry Powder



Mango Chutney



Sweet Potato Fries



Cumin Seeds



Spring Onions



Vine Tomato



Cucumber



Apple Cider Vinegar



Mayonnaise

Before you start

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

Basic cooking tools you will need:

Fine Grater, Coarse Grater, Sieve, Mixing Bowl, Baking Tray and Large Frying Pan.

Ingredients

	2P	3P	4P
Lime**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Carrot**	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Plain Flour 13)	1 pot	2 pots	2 pots
North Indian Style Curry Powder	1 small pot	¾ large pot	1 large pot
Mango Chutney	1 pot	1½ pots	2 pots
Sweet Potato Fries	1 small pack	1 large pack	2 small packs
Cumin Seeds	1 small pot	1 small pot	1 large pot
Spring Onions**	2	3	4
Vine Tomato	2	3	4
Cucumber**	½	¾	1
Apple Cider Vinegar 14)	1 sachet	1½ sachets	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 ingredients	611g	100g
Energy (kJ/kcal)	2460 / 588	402 / 96
Fat (g)	29	5
Sat. Fat (g)	3	1
Carbohydrate (g)	70	12
Sugars (g)	22	4
Protein (g)	12	2
Salt (g)	1.10	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

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



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. 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 out in a single layer on a baking tray. Season with **salt** and **pepper** and sprinkle on a splash of **oil** and **half the cumin seeds**. Roast in the middle of your oven until golden, 18-20 mins. Turn half way through cooking.



5. Make the Limey 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 **vine 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 **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.