

# Middle Eastern Squash & Chickpea Patties


with Fried Eggs & Tzatziki


2 SERVINGS | ⌚ 40-50 MINS


 **Blue Apron**  
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## Ingredients

 2 Pasture-Raised Eggs

 4 oz Grape Tomatoes

 ¼ cup Panko Breadcrumbs


 ½ cup Tzatziki<sup>1</sup>

 1 Tbsp Weeknight Hero Spice Blend<sup>2</sup>

 1 15.5-oz can Chickpeas


 1 Persian Cucumber


 1 Tbsp Red Wine Vinegar

 ¼ cup Grated Romano Cheese

 1 Spaghetti Squash

 1 oz Pitted Niçoise Olives

 1 oz Pickled Goathorn Peppers

 1 tsp Whole Dried Oregano



Serve with Blue Apron wine that has this symbol  
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1. cucumber-yogurt sauce

2. Onion Powder, Garlic Powder, Smoked Paprika & Whole Dried Parsley



## 1 Prepare & cook the squash

- If you prefer to use an oven to cook the squash instead of a microwave, place an oven rack in the center of the oven; preheat to 450°F.
- Wash and dry the fresh produce. Using a sharp, sturdy knife, carefully halve the **squash** lengthwise. Using a spoon, scoop out and discard the pulp and seeds. Drizzle the cut sides with **olive oil**; season with salt and pepper.
- Microwave **or** oven:  
**MICROWAVE:** Working in two batches if necessary, transfer the **prepared squash** to a microwave-safe baking dish, cut side down. Fill with **½ inch of water**. Microwave on high 3 to 5 minutes, or until the flesh easily pulls away from the skin.



**OVEN:** Line a sheet pan with parchment paper (or foil). Transfer the **prepared squash** to the sheet pan, cut side down. Roast 25 to 30 minutes, or until the skin is lightly browned and the flesh easily pulls away from the skin.

- Transfer the **cooked squash** to a large bowl to cool slightly.

## 2 Prepare the remaining ingredients

- Meanwhile, drain and rinse the **chickpeas**; place in a large bowl. Season with salt and pepper. Using a fork, mash until smooth.
- Halve the **tomatoes**.
- Medium dice the **cucumber**.
- Roughly chop the **olives** and **peppers**.
- In a bowl, combine the **halved tomatoes, diced cucumber, chopped olives and peppers, vinegar, oregano**, and a drizzle of **olive oil**. Season with salt and pepper. Set aside to marinate, stirring occasionally, at least 10 minutes.



## 3 Separate the squash into strands

- When cool enough to handle, using a fork, scrape the flesh of the **cooked squash** into the bowl; separate any clumps. Discard the skins.
- Transfer **2 cups of squash strands** to the bowl of **mashed chickpeas** (you may have extra squash).



## 4 Form & cook the patties

- To the bowl of **squash-chickpea mixture**, add the **spice blend, breadcrumbs, and cheese**. Season with salt and pepper. Mix to thoroughly combine.
- Using wet hands, form the mixture into six ¼-inch-thick patties.
- In a large pan (nonstick, if you have one), heat a thin layer of oil on medium-high.
- Once the oil is hot enough that a pinch of batter sizzles immediately when added, working in batches if necessary, add the **patties**. Cook 4 to 5 minutes per side, or until browned and crispy (if the pan seems dry, add a drizzle of olive oil before flipping and in between batches).
- Divide the cooked patties between two plates.
- Wipe out the pan.



## 5 Fry the eggs & serve your dish

- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Crack the **eggs** into the pan, keeping them separate; season with salt and pepper. Cook 4 to 5 minutes, or until the whites are set and the yolks are cooked to your desired degree of doneness. Turn off the heat.
- Serve the **cooked patties** topped with the **marinated vegetables** (including any liquid) and **fried eggs**. Drizzle with the **tzatziki**. Enjoy!



### NUTRITION PER SERVING (AS PREPARED)\*\*

Calories: 660, Total Carbohydrates: 78g, Dietary Fiber: 20g, Added Sugars: 2g, Total Fat: 29g, Saturated Fat: 8g, Protein: 29g, Sodium: 1580mg.

\*\*For information about our wellness labels visit us at [blueapron.com/wellness](https://blueapron.com/wellness). To view this meal's FULL NUTRITION FACTS and any customizations you may have applied, select this recipe from your Current page in the Blue Apron app or [blueapron.com](https://blueapron.com).

CONTAINS: SEE INGREDIENT PACKAGING FOR ALLERGEN(S).

Produced in a facility that processes crustacean shellfish, egg, fish, milk, peanuts, soy, tree nuts, and wheat.

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