



Middle Eastern-Style Chickpea Bowl

with Pickled Radish, Garlic Dip & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Onion



Celery



Radish



Chickpeas



Mini Flour Tortillas



Chermoula Spice Blend



Garlic & Herb Seasoning



Chopped Tomatoes



Garlic Dip



Parsley



Chicken Breast

Prep in: 20-30 mins
Ready in: 25-35 mins

Eat Me Early*
*Custom Recipe only



Plant Based^
^Custom Recipe is not Plant Based

When you simmer hearty chickpeas with subtly sweet veggies, garlicky tomatoes and our chermoula spice blend, the result is pretty magical. Serve with a quick pickled radish for a touch of tang, a garlic dip for creaminess and of course oven-baked tortilla chips for crunch and scooping!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	1 (medium)	1 (large)
celery	1 stalk	2 stalks
radish	2	4
chickpeas	1 tin	2 tins
white wine vinegar*	¼ cup	½ cup
mini flour tortillas	6	12
chermoula spice blend	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
garlic dip	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3267kJ (781Cal)	483kJ (115Cal)
Protein (g)	22.5g	3.3g
Fat, total (g)	34.8g	5.1g
- saturated (g)	10.8g	1.6g
Carbohydrate (g)	84.8g	12.5g
- sugars (g)	19.1g	2.8g
Sodium (mg)	2043mg	302mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4012kJ (959Cal)	480kJ (115Cal)
Protein (g)	55.7g	6.7g
Fat, total (g)	40g	4.8g
- saturated (g)	12.3g	1.5g
Carbohydrate (g)	85.6g	10.2g
- sugars (g)	19.2g	2.3g
Sodium (mg)	2142mg	256mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

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1



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot, onion** and **celery**. Thinly slice **radish**. Drain and rinse **chickpeas**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add **radish** to the pickling liquid with just enough **water** to cover the radish. Set aside.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.

3



Start the chickpeas

- While tortilla chips are baking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot, celery** and **onion**, stirring, until tender, **5-6 minutes**.
- Add **chickpeas, chermoula spice blend** and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **chopped tomatoes**, the **butter** and **brown sugar**. Simmer until slightly thickened, **4-5 minutes**. Lightly mash **chickpeas** with a fork.

Custom Recipe: Heat the pan as above. Cook chicken with veggies, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

2



Bake the tortilla chips

- Slice **mini flour tortillas** into quarters.
- Divide **tortillas** between two lined oven trays (don't worry if they overlap). Drizzle with **olive oil** and season with **salt**. Turn to coat.
- Bake **tortillas** until lightly golden and crispy, **8-10 minutes**.

TIP: Keep an eye on the tortillas. You want them crisp, but not burnt!

4



Serve up

- Drain pickled radish.
- Divide Middle Eastern-style chickpeas between bowls. Top with pickled radish.
- Serve with tortilla chips and **garlic dip**. Tear over **parsley** to serve. Enjoy!

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