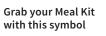


# Middle Eastern-Style Chickpea Bowl with Pickled Radish, Garlic Dip & Tortilla Chips

**EXPLORER** 

CLIMATE SUPERSTAR













Radish

Celery





Chickpeas





Chermoula Spice



Blend



**Chopped Tomatoes** 



Seasoning

Garlic Dip



Parsley



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



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!

**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  $\cdot$  Large frying pan

## Ingredients

in ign concince			
	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*	1⁄4 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	

<sup>\*</sup>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)	<b>4012kJ</b> (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

2023 | CW33





## 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.



# 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.



# 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!



## 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!

#### Rate your recipe

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