



# Middle Eastern-Style Chickpea Bowl

with Herbed Garlic Dip & Tortilla Chips

CUSTOMER FAVOURITE

EXPLORER

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Carrot



Leek



Onion



Chickpeas



Parsley



Garlic Dip



Chermoula Spice Blend



Garlic & Herb Seasoning



Crushed & Sieved Tomatoes



Baby Spinach Leaves



Mini Flour Tortillas



Chicken Breast

### Recipe Update

Unfortunately, this week's celery was in short supply, so we've replaced it with leek. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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



Plant Based^

*^Custom Recipe is not Plant Based*



Eat Me Early\*

*\*Custom Recipe only*

When you simmer hearty chickpeas with subtly sweet veggies, garlicky tomatoes and our chermoula spice blend, the result is pretty magical. Serve with a herby-garlic yoghurt 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, Plant-Based 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
leek	1	2
onion	1 (medium)	1 (large)
chickpeas	1 tin	2 tins
parsley	1 bag	1 bag
garlic dip	1 medium packet	1 large packet
chermoula spice blend	1 sachet	1 sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
crushed & sieved tomatoes	1 tin	2 tins
<b>plant-based butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
mini flour tortillas	6	12
chicken breast**	1 small packet	2 small packets OR 1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3234kJ (773Cal)	509kJ (122Cal)
Protein (g)	22.7g	3.6g
Fat, total (g)	34.6g	5.4g
- saturated (g)	10.8g	1.7g
Carbohydrate (g)	83.8g	13.2g
- sugars (g)	18.1g	2.8g
Sodium (mg)	2045mg	322mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3979kJ (951Cal)	500kJ (120Cal)
Protein (g)	55.8g	7g
Fat, total (g)	39.9g	5g
- saturated (g)	12.3g	1.5g
Carbohydrate (g)	84.6g	10.6g
- sugars (g)	18.1g	2.3g
Sodium (mg)	2144mg	270mg

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](https://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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## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot, leek** and **onion**. Drain and rinse **chickpeas**. Roughly chop **parsley**.
- In a small bowl, combine **parsley** and **garlic dip**. Set aside.

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



## Bake the tortilla chips

- While the chickpeas are cooking, 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!



## Cook the chickpeas

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot, leek** 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 **crushed & sieved tomatoes**, the **plant-based butter** and **brown sugar**. Simmer until slightly thickened, **4-5 minutes**.
- Stir through **baby spinach leaves** and lightly mash **chickpeas** with a fork.

**Custom Recipe:** Before cooking veggies, heat frying pan over high heat with a drizzle of olive oil. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a bowl and continue step as above. Return chicken to the pan along with the crushed tomatoes.



## Serve up

- Divide Middle Eastern-style chickpeas between bowls.
- Serve with tortilla chips and herbed garlic dip. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)