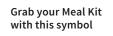


Middle Eastern-Style Chickpea Bowl with Herbed Garlic Dip & Tortilla Chips

CUSTOMER FAVOURITE

EXPLORER

CLIMATE SUPERSTAR





















Chermoula Spice





Crushed & Sieved Tomatoes



Seasoning

Baby Spinach Leaves



Mini Flour Tortillas





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

Plant Based^ **^**Custom Recipe is Eat Me Early* not Plant Based *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!

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
refer to method	refer to method
1	2
1	2
1 (medium)	1 (large)
1 tin	2 tins
1 bag	1 bag
1 medium packet	1 large packet
1 sachet	1 sachet
1 medium sachet	1 large sachet
1 tin	2 tins
20g	40g
1 tsp	2 tsp
1 small bag	1 medium bag
6	12
1 small packet	2 small packets OR 1 large packet
	refer to method 1 1 1 (medium) 1 tin 1 bag 1 medium packet 1 sachet 1 medium sachet 1 tin 20g 1 tsp 1 small bag 6

^{*}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
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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 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





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