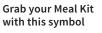


Middle Eastern-Style Kidney Bean Bowl

with Herbed Garlic Dip & Tortilla Chips

CUSTOMER FAVOURITE

EXPLORER











Red Kidney Beans





Garlic Dip



Chermoula Spice

Garlic & Herb



Seasoning

Chopped Tomatoes

Baby Spinach





Mini Flour Tortillas



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 kidney beans 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

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
carrot	1	2		
onion	1 (medium)	1 (large)		
leek	1	2		
red kidney beans	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		
chopped tomatoes	1 tin	2 tins		
plant-based butter*	20g	40g		
brown sugar*	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)	3394kJ (811Cal)	489kJ (116Cal)
Protein (g)	22.8g	3.3g
Fat, total (g)	36.3g	5.2g
- saturated (g)	10.8g	1.6g
Carbohydrate (g)	89.9g	13g
- sugars (g)	21.8g	3.1g
Sodium (mg)	2426mg	350mg
Overhous Desires		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4139kJ (989Cal)	485kJ (115Cal)
Protein (g)	56g	6.6g
Fat, total (g)	41.6g	4.9g
- saturated (g)	12.4g	1.5g
Carbohydrate (g)	90.7g	10.6g
- sugars (g)	21.9g	2.6g
Sodium (mg)	2525mg	296mg

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 and onion. Thinly slice leek. Drain and rinse red kidney beans. 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 kidney beans are simmering, 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 tortilla chips until lightly golden and crispy, 8-10 minutes.

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



Cook the beans

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook carrot, onion and leek, stirring, until tender, 5-6 minutes.
- Add kidney beans, chermoula spice blend and garlic & herb seasoning and cook until fragrant, 2 minutes.
- Reduce heat to medium, then add chopped tomatoes, the plant-based butter and brown sugar. Simmer until slightly thickened, 4-5 minutes.
- Stir through **baby spinach leaves** and lightly mash **beans** 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 chopped tomatoes.



Serve up

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

Rate your recipe

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