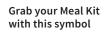


Middle Eastern-Style Cannellini Bean Bowl with Herbed Garlic Dip & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR













Cannellini 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

Plant Based^

not Plant Based

^Custom Recipe is

Eat Me Early* *Custom Recipe only When you simmer hearty cannellini 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 ovenbaked tortilla chips for crunch, and scooping!



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

| in ign dandride | | | | |
|----------------------------|-----------------|--------------------------------------|--|--|
| | 2 People | 4 People | | |
| olive oil* | refer to method | refer to method | | |
| carrot | 1 | 2 | | |
| onion | 1 (medium) | 1 (large) | | |
| leek | 1 | 2 | | |
| cannellini beans | 1 tin | 2 tins | | |
| parsley | 1 bag | 1 bag | | |
| garlic dip | 1 medium packet | 1 large packet | | |
| chermoula spice blend | 1 medium sachet | 1 large 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 (117Cal) |
| 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 |
| Custom Pooino | | |

Custom Recipe

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 4139kJ (989Cal) | 485kJ (116Cal) |
| 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 cannellini 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 cannellini 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 chickpeas

- 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 cannellini 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 cannellini 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 cannellini beans between bowls.
- Serve with tortilla chips and herbed garlic dip. Enjoy!

Rate your recipe

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