



# Middle Eastern-Style Cannellini Bean Bowl

with Herbed Garlic Dip & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Onion



Leek



Cannellini Beans



Parsley



Garlic Dip



Chermoula Spice Blend



Garlic & Herb Seasoning



Chopped Tomatoes



Baby Spinach Leaves



Mini Flour Tortillas



Chicken Breast

### Recipe Update

We've replaced the chickpeas in this recipe with cannellini beans due to local ingredient availability. It'll be just as delicious, just 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 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 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
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
<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)	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 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](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** 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.

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## 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!

2



## 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.

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## Serve up

- Divide Middle Eastern-style cannellini beans 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)