



# Middle Eastern-Style Chickpea Bowl

with Pickled Radish, Garlic Dip & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Celery



Onion



Radish



Chickpeas



Mini Flour Tortillas



Harissa Paste



Garlic & Herb Seasoning



Tinned Tomatoes



Garlic Dip



Herbs



Chicken Breast

### Recipe Update

Due to local availability, the ingredients you receive may be a little different to what's pictured. 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 chickpeas with subtly sweet veggies, garlicky tomatoes and a rich harissa sauce, the result is pretty magical. Serve with a quick pickled radish for a touch of tang, a garlic dip for creaminess and 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, White Wine Vinegar, 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

Two oven trays lined with baking paper · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
onion	½	1
radish	2	4
chickpeas	1 tin	2 tins
<b>white wine vinegar*</b>	¼ cup	½ cup
mini flour tortillas	6	12
harissa paste	½ large packet	1 large packet
garlic & herb seasoning	1 medium sachet	1 large sachet
tinned tomatoes	1 tin	2 tins
<b>plant-based butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
garlic dip	1 medium packet	1 large packet
herbs	½ bag	1 bag
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)	3290kJ (786Cal)	476kJ (113Cal)
Protein (g)	21.1g	3.1g
Fat, total (g)	35.4g	5.1g
- saturated (g)	10.8g	1.6g
Carbohydrate (g)	87.2g	12.6g
- sugars (g)	20g	2.9g
Sodium (mg)	2051mg	297mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4035kJ (964Cal)	474kJ (113Cal)
Protein (g)	54.3g	6.4g
Fat, total (g)	40.6g	4.8g
- saturated (g)	12.3g	1.4g
Carbohydrate (g)	88g	10.3g
- sugars (g)	20.1g	2.4g
Sodium (mg)	2150mg	253mg

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

2024 | CW01



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## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot, celery** and **onion** (see ingredients). Thinly slice **radish**. Drain and rinse **chickpeas**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add **radish** to the pickling liquid with just enough **water** to cover the radish. Set aside.

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

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## Cook the veggie & chickpeas

- While tortilla chips are baking, heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook **carrot, celery** and **onion**, stirring, until tender, **5-6 minutes**.
- Add **chickpeas, harissa paste** (see ingredients) and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **tinned tomatoes**, the **plant-based butter** and **brown sugar**. Simmer until slightly thickened, **4-5 minutes**. Lightly mash **chickpeas** with a fork.

**Custom Recipe:** Heat the pan as above. Cook chicken with veggies, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue with step.

2



## Bake the tortilla chips

- 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!

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## Serve up

- Drain pickled radish.
- Divide Middle Eastern-style chickpeas between bowls. Top with pickled radish.
- Serve with tortilla chips and **garlic dip**. Tear over **herbs** (see ingredients) to serve. Enjoy!

## Rate your recipe

Did we make your tastebuds happy?

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