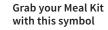


# Middle Eastern-Style Chickpea & Veggie Bowl

with Herbed Garlic Dip & Tortilla Chips

**EXPLORER** 

CLIMATE SUPERSTAR

















Chermoula Spice



**Chopped Tomatoes** 





Seasoning



Mini Flour Tortillas



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

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 garlic dip for a touch of tang and 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		
olive oil*	refer to method	refer to method		
carrot	1	2		
onion	1/2 (large)	1 (large)		
leek	1	2		
chickpeas	1 tin	2 tins		
parsley	½ 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 packet	2 packets		
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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3312kJ (792Cal)	502kJ (120Cal)
Protein (g)	22.5g	3.4g
Fat, total (g)	35.3g	5.4g
- saturated (g)	10.8g	1.6g
Carbohydrate (g)	87g	13.2g
- sugars (g)	18.8g	2.9g
Sodium (mg)	2071mg	314mg
Overhous Desires		

#### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4007kJ (958Cal)	489kJ (117Cal)
Protein (g)	57.5g	7g
Fat, total (g)	38.2g	4.7g
- saturated (g)	11.6g	1.4g
Carbohydrate (g)	87.9g	10.7g
- sugars (g)	18.9g	2.3g
Sodium (mg)	2193mg	268mg

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 (see ingredients). Thinly slice leek. Drain and rinse chickpeas. Roughly chop parsley (see ingredients).
- 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 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 chickpeas, 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 **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 chopped tomatoes.



## Serve up

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