



# Middle Eastern-Style Chickpea & Veggie Bowl

with Herbed Garlic Dip & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Onion



Leek



Chickpeas



Parsley



Garlic Dip



Chermoula Spice Blend



Garlic & Herb Seasoning



Chopped Tomatoes



Baby Spinach Leaves



Mini Flour Tortillas



Chicken Breast

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



Plant Based<sup>^</sup>  
<sup>^</sup>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 garlic dip for a touch of tang 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, 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	½ (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
<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)	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

### 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](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** (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.

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## 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!

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## 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.

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## Serve up

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

## Rate your recipe

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