

# Middle Eastern-Style Chickpea & Veggie Bowl

with Garlic Dip & Tortilla Chips

Grab your meal kit with this number

19



Carrot



Onion



Leek



Chickpeas



Chermoula Spice Blend



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Baby Leaves



Mini Flour Tortillas



Garlic Dip



Chicken Thigh



Peeled Pumpkin Pieces

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

Plant Based

When you simmer hearty chickpeas with subtly sweet veggies, garlicky tomatoes and our chermoula spice blend, the result is pretty magical. Serve with a garlic dip for creaminess and of course oven baked tortilla chips for crunch, and scooping!

### Pantry items

Olive Oil, Brown Sugar, Plant-Based Butter



## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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	1
leek	1	2
chickpeas	1 tin	2 tins
chermoula spice blend	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 packet	2 packets
<b>brown sugar*</b>	1 tsp	2 tsp
<b>plant-based butter*</b>	20g	40g
baby leaves	1 small packet	1 medium packet
mini flour tortillas	6	12
garlic dip	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3472kJ (830Cal)	481kJ (115Cal)
Protein (g)	24.6g	3.4g
Fat, total (g)	37.4g	5.2g
- saturated (g)	11.6g	1.6g
Carbohydrate (g)	88.5g	12.3g
- sugars (g)	24.7g	3.4g
Sodium (mg)	2486mg	344mg
Dietary Fibre (g)	25.9g	3.6g

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://www.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 | CW32



## 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**.



## 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!

## CUSTOM OPTIONS

### + ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook with veggies until cooked through, 4-6 minutes.

### + ADD PEELED PUMPKIN PIECES

Preheat oven to 220°C/200°C fan-forced. Toss with olive oil and salt. Roast until tender, 20-25 minutes. Toss through before serving.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.



## 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**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Add **chickpeas**, **chermoula spice blend** and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **diced tomatoes with garlic & onion**, the **brown sugar** and **plant-based butter**. Simmer until slightly thickened, **4-5 minutes**.
- Stir through **baby leaves** and lightly mash **chickpeas** with a fork.



## Serve up

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