

Middle Eastern-Style Chickpea & Veggie Bowl with Garlic Dip & Tortilla Chips

Grab your meal kit with this number















Leek







Chermoula Spice

Garlic & Herb Seasoning



Diced Tomatoes



Baby Leaves





Garlic Dip Tortillas





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



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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
onion	1/2	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	
brown sugar*	1 tsp	2 tsp	
plant-based butter*	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 (829Cal)	481kJ (114Cal)
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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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!



Cook the chickpeas

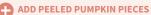
- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**.
- Cook carrot, onion and leek, stirring, until tender, 5-6 minutes.
- SPICY! This is a mild spice blend, but use less if you're sensitive to heat. Add chickpeas, chermoula spice blend and garlic & herb seasoning and cook 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!





Roast following method above until tender, 20-25 minutes.



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

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

