

Middle Eastern-Style Chickpea Bowl

with Pickled Radish, Garlic Dip & Tortilla Chips

CLIMATE SUPERSTAR

Grab your meal kit with this number

10



Carrot



Onion



Celery



Radish



Chickpeas



Mini Flour Tortillas



Chermoula Spice Blend



Garlic & Herb Seasoning



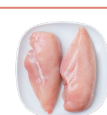
Diced Tomatoes With Garlic & Onion



Parsley



Garlic Dip



Chicken Breast



Greek-Style Yoghurt

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

Plant Based

When you simmer hearty chickpeas with subtly sweet veggies, garlicky tomatoes and a rich chermoula-spiced 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!

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	½	1
celery	1 stalk	2 stalks
radish	2	4
chickpeas	1 tin	2 tins
white wine vinegar*	¼ cup	½ cup
mini flour tortillas	6	12
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
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
parsley	1 packet	1 packet
garlic dip	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3184kJ (760Cal)	474kJ (113Cal)
Protein (g)	19.6g	2.9g
Fat, total (g)	35.8g	5.3g
- saturated (g)	11.2g	1.7g
Carbohydrate (g)	81.5g	12.1g
- sugars (g)	23.4g	3.5g
Sodium (mg)	2425mg	361mg
Dietary Fibre (g)	22.5g	3.4g

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

2024 | CW46



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot**, **onion** (see ingredients) and **celery**. 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.



Start the 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**.
- **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**, the **plant-based butter** and **brown sugar**. Simmer until slightly thickened, **4-5 minutes**. Lightly mash **chickpeas** with a fork.



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!



Serve up

- Drain pickled radish.
- Divide Middle Eastern-style chickpeas between bowls.
- Top with pickled radish and tear over **parsley**.
- Serve with tortilla chips and **garlic dip**. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

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



ADD GREEK-STYLE YOGHURT

Dollop on top before serving.

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

