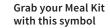


Indian Chickpea & Veggie Parcels with Lemon Yoghurt & Mixed Leaf Salad

CLIMATE SUPERSTAR















Chickpeas

Mumbai Spice

Blend



Vegetable Stock Indian Spice Blend





Apricot Sauce







Filo Pastry

Mixed Salad Leaves

Greek-Style

Yoghurt

Prep in: 25-35 mins Ready in: 55-65 mins

Ding dong! One delivery of scrumptious Indian spiced chickpeas with roasted veggies. Careful, that filo pastry wrapping is golden crunchy and simply irresistible, it should come with a warning. As a bonus, we're giving you a zesty lemon yoghurt to drizzle over the parcels. Sign on the dotted line and this delicious dish is all yours!

Pantry items Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

veggies a wash.

You will need

Medium saucepan · Large frying pan · Oven tray lined with baking paper

Ingredients

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
potato	1	2	
carrot	1	2	
onion	1 (medium)	1 (large)	
lemon	1/2	1	
chickpeas	1 tin	2 tins	
Mumbai spice blend	1 sachet	2 sachets	
mild North Indian spice blend	1 sachet	1 sachet	
vegetable stock powder	1 medium sachet	1 large sachet	
apricot sauce	½ packet (30g)	1 packet (60g)	
butter*	60g	120g	
baby spinach leaves	1 small bag	1 medium bag	
filo pastry	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
mixed salad leaves	1 medium bag	1 large bag	

^{*}Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3697kJ (884Cal)	565kJ (135Cal)
Protein (g)	29.2g	4.5g
Fat, total (g)	32.5g	5g
- saturated (g)	18.6g	2.8g
Carbohydrate (g)	112.6g	17.2g
- sugars (g)	22.3g	3.4g
Sodium (mg)	1680mg	257mg

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.



Boil the veggies

- Preheat oven to 240°C/220°C fan-forced. Boil the kettle.
- Half-fill a medium saucepan with boiling water and add a generous pinch of salt.
- · Cut potato into large chunks. Cut carrot into bite-sized chunks.
- Cook **veggies** in the boiling **water**, over high heat, until easily pierced with a fork, 12-15 minutes. Drain.



Get prepped

• Meanwhile, finely chop onion. Zest lemon to get a pinch and slice into wedges. Drain and rinse chickpeas.



Start the filling

- In a large frying pan, heat a drizzle of **olive** oil over medium-high heat. Cook onion and chickpeas until tender, 3-5 minutes.
- Add Mumbai spice blend and mild North Indian spice blend and cook, stirring, until fragrant, 1 minute.
- Add vegetable stock powder, apricot sauce (see ingredients) and 1/2 the **butter**, and stir to combine, then remove from heat.
- Add cooked veggies and baby spinach leaves. Stir to combine, then lightly crush mixture with a fork. Season to taste.



Assemble the parcels

- In a small heatproof bowl, add the remaining butter with a pinch of salt and microwave in 10 second bursts until melted. Lay a sheet of filo **pastry** on a dry surface and fold in half.
- Spoon veggie mixture in the centre of filo sheet. Fold sides over and roll into a parcel.
- Place on a lined oven tray. Repeat with remaining filo sheets and filling.
- Brush with **butter** and bake until golden, 25-30 minutes.



Make the lemon yoghurt

- When parcels have **5 minutes** cook time remaining, combine Greek-style yoghurt and lemon zest in a small bowl. Season to taste.
- In a medium bowl, combine mixed salad leaves, a generous squeeze of **lemon juice** and a drizzle of olive oil. Season to taste.



Serve up

• Divide Indian chickpea and veggie parcels and mixed leaf salad between plates. Serve with lemon yoghurt. Enjoy!



