

Indian Chickpea & Veggie Parcels

with Lemon Yoghurt & Mixed Leaf Salad

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Lemon



Chickpeas



Mumbai Spice Blend



Mild North Indian Spice Blend



Vegetable Stock Powder



Apricot Sauce



Baby Spinach Leaves



Mixed Salad Leaves



Filo Pastry



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.

You'll also need to give your fruit and veggies a wash.

You will need

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	1	2
carrot	1	2
onion	1 (medium)	1 (large)
lemon	½	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.

1



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.

4



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**.

2



Get prepped

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

5



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.

3



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.

6



Serve up

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

We're here to help!

Scan here if you have any questions or concerns

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