

# Indian Chickpea & Veggie Filo Parcels

with Lemon Yoghurt & Mixed Leaf Salad

Grab your Meal Kit with this symbol



Potato



Carrot



Onion



Lemon



Chickpeas



Mumbai Spice Blend



Mild North Indian Spice Blend



Vegetable Stock Powder



Onion Chutney



Baby Spinach Leaves



Filo Pastry



Greek-Style Yoghurt



Mixed Salad Leaves



Chicken Breast

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

Eat Me Early\*  
\*Custom Recipe only

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 serve with the parcels. Sign on the dotted line and this delicious dish is all yours!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

**Pantry items**

Olive Oil, Butter

## Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

## You will need

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

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
onion chutney	1 medium packet	1 large packet
<b>butter*</b>	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
chicken breast**	1 packet	1 packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3697kJ (884Cal)	565kJ (135Cal)
Protein (g)	29.1g	4.4g
Fat, total (g)	32.5g	5g
- saturated (g)	18.7g	2.9g
Carbohydrate (g)	112.6g	17.2g
- sugars (g)	22.3g	3.4g
Sodium (mg)	1673mg	256mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4457kJ (1065Cal)	547kJ (130Cal)
Protein (g)	61.6g	7.6g
Fat, total (g)	38.2g	4.7g
- saturated (g)	20.3g	2.5g
Carbohydrate (g)	112.6g	13.8g
- sugars (g)	22.3g	2.7g
Sodium (mg)	1771mg	217mg

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://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

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## 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



## Bake 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 **filo pastry sheet** 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 **veggie mixture**.
- Brush **parcels** with **butter** and bake until golden, **25-30 minutes**.

2



## Get prepped

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

**Custom Recipe:** If you've added chicken breast to your meal, cut chicken breast into 2cm chunks.

5



## Make the lemon yoghurt

- When the parcels have **5 minutes** 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



## Make 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**, **onion chutney** 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 **chickpea mixture** with a fork. Season to taste.

**Custom Recipe:** Follow pan heating instructions as above and cook chicken breast before onion and chickpeas, until browned and cooked through, 5-6 minutes. Continue as above.

6



## Serve up

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

## Rate your recipe

Did we make your tastebuds happy?

Let our culinary team know: [hellofresh.co.nz/rate](https://hellofresh.co.nz/rate)