



Middle Eastern Chickpea Bowl

with Pickled Onion, Mint-Garlic Dip & Tortilla Chips

Grab your Meal Kit with this symbol



Carrot



Celery



Chickpeas



Herbs



Garlic Dip



Onion



Chermoula Spice Blend



Garlic & Herb Seasoning



Chopped Tomatoes



Mini Flour Tortillas



Salad Leaves

Recipe Update

The current labour shortages have impacted availability of ingredients across the entire food supply chain. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Hands-on: 20-30 mins
Ready in: 25-35 mins

Plant Based

Go big or go home! That was our philosophy with the bold flavours in this veggie sensation. There's chermoula-spiced chickpeas, salad leaves and crispy tortilla chips that are all brought together with a flavourful mint-garlic dip. Go big with us, you'll be glad you did.

Pantry items

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

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

Large frying pan · Two oven trays lined with baking paper

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|-----------------|
| olive oil* | refer to method | refer to method |
| carrot | 1 | 2 |
| celery | 1 stalk | 2 stalks |
| chickpeas | 1 tin | 2 tins |
| herbs | 1 bag | 1 bag |
| garlic dip | 1 medium packet | 1 large packet |
| onion | 1 (medium) | 1 (large) |
| white wine vinegar* | ¼ cup | ½ cup |
| chermoula spice blend | 1 sachet | 1 sachet |
| garlic & herb seasoning | 1 sachet | 1 sachet |
| chopped tomatoes | 1 box | 2 boxes |
| plant-based butter* | 20g | 40g |
| brown sugar* | 1 tsp | 2 tsp |
| mini flour tortillas | 6 | 12 |
| salad leaves | 1 small bag | 1 medium bag |

*Pantry Items

Nutrition

| Avg Qty | Per Serving | Per 100g |
|------------------|-----------------|----------------|
| Energy (kJ) | 3226kJ (771Cal) | 484kJ (116Cal) |
| Protein (g) | 20.7g | 3.1g |
| Fat, total (g) | 35.8g | 5.4g |
| - saturated (g) | 10.8g | 1.6g |
| Carbohydrate (g) | 84.4g | 12.7g |
| - sugars (g) | 19.6g | 2.9g |
| Sodium (mg) | 2126mg | 319mg |

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://www.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 **celery**. Drain and rinse **chickpeas**. Pick and thinly slice **herb** leaves.
- In a small bowl, combine **herbs** and **garlic dip**. Set aside.
- Finely chop **onion**. In a second small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add 1/2 the **onion** to **pickling liquid** with just enough **water** to cover onion. Set aside.



Bake the tortilla chips

- Meanwhile, 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**. Toss to coat.
- Bake **tortillas** until lightly golden and crispy, **8-10 minutes**.
- When **chickpeas** have simmered, stir through **salad leaves** and lightly mash with a fork. Season to taste.

TIP: Keep an eye on the tortillas. You want them crisp, but not burnt!



Cook the chickpeas

- While the onion is pickling, heat a large frying pan over medium-high heat with a drizzle of **olive oil**. Cook **carrot**, **celery** and remaining **onion**, stirring, until tender, **5-6 minutes**.
- Add **chickpeas**, **chermoula spice blend** and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **chopped tomatoes**, the **plant-based butter** and **brown sugar**. Simmer until slightly thickened, **4-5 minutes**.



Serve up

- Drain pickled onion.
- Divide Middle Eastern chickpeas between bowls. Top with pickled onion.
- Serve with tortilla chips and mint-garlic dip.

Enjoy!