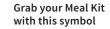


Middle Eastern Chickpea Bowl with Pickled Onion, Mint-Garlic Dip & Tortilla Chips













Chickpeas





Garlic & Herb Seasoning

Mini Flour

Tortillas

Garlic Dip



Chermoula Spice







Chopped Tomatoes

Salad Leaves

Pantry items

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





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.

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

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	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*	1/4 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 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!