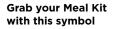


Middle Eastern Chickpea & Freekeh Bowl

with Roasted Veggies & Yoghurt













eh Vegetable Stock





Carrot

Cauliflower





Brown Onion

Chickpeas



ey F

Flaked Almonds



Yoghurt

Chermoula Spice Blend





Chopped Tomatoes

sonut Milk

Coconut Milk



Baby Spinach Leaves

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

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

Ingradients

| ingrealents | | |
|--------------------------|-------------------------|---------------------|
| | 2 People | 4 People |
| olive oil* | refer to method | refer to method |
| freekeh | 1 packet | 2 packets |
| water* | 3½ cups | 7 cups |
| vegetable stock | 1 sachet | 2 sachets |
| carrot | 1 | 2 |
| cauliflower | 1 portion (200g) | 1 portion (400g) |
| brown onion | 1 (medium) | 1 (large) |
| chickpeas | ½ tin | 1 tin |
| parsley | 1 bunch | 1 bunch |
| flaked almonds | 1 packet | 2 packets |
| yoghurt | 1 packet (100g) | 1 packet (175g) |
| chermoula spice blend | 1 sachet | 1 sachet |
| chopped tomatoes | 1 tin | 2 tins |
| coconut milk | 1 tin (165ml) | 1 tin (400ml) |
| butter* | 15g | 30g |
| baby spinach leaves | 1 bag (30g) | 1 bag (60g) |

^{*}Pantry Items

Nutrition

| | Per Serving | Per 100g |
|------------------|-----------------|----------------------|
| Energy (kJ) | 2570kJ (615Cal) | 369kJ (88Cal) |
| Protein (g) | 20.4g | 2.9g |
| Fat, total (g) | 29.1g | 4.2g |
| - saturated (g) | 16.0g | 2.3g |
| Carbohydrate (g) | 56.6g | 8.1g |
| - sugars (g) | 24.5g | 3.5g |
| Sodium (mg) | 1650mg | 237mg |

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. Cook the freekeh

Preheat the oven to 240°C/220°C fan-forced. Rinse the freekeh. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Add the freekeh and toast until fragrant, 2 minutes. Add the water and 1/2 the vegetable stock. Bring to the boil, then reduce to a medium-high heat and cook until tender, 30-35 minutes. Drain and return to the saucepan.

TIP: The freekeh is ready when it has softened but still retains some bite.



2. Roast the veggies

While the freekeh is cooking, cut the carrot (unpeeled) into 2cm chunks. Cut the cauliflower into small florets. Place the carrot and cauliflower on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat and roast until tender, 20-25 minutes.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



3. Get prepped

While the veggies are roasting, finely chop the brown onion. Drain and rinse the chickpeas (see ingredients list). Roughly chop the parsley leaves.



4. Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, 2-3 minutes. Transfer to a small bowl.



5. Make the stew

Return the frying pan to a medium-high heat with a drizzle of olive oil. Add the onion and cook until softened, 4-5 minutes. Add the chermoula spice blend and cook until fragrant, 1 minute. Add the chickpeas, chopped tomatoes, coconut milk and remaining vegetable stock. Bring to the boil and cook until thickened, 5-6 minutes. Stir through the butter, baby spinach leaves and roasted veggies.



6. Serve up

Divide the freekeh between bowls. Top with the Middle Eastern chickpea stew, yoghurt and toasted almonds. Garnish with the parsley.

Enjoy!