



Middle Eastern Chickpea & Freekeh Bowl

with Roasted Veggies & Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock



Carrot



Cauliflower



Brown Onion



Chickpeas



Parsley



Flaked Almonds



Yoghurt



Chermoula Spice Blend



Chopped Tomatoes



Coconut Milk



Baby Spinach Leaves

Hands-on: 35-45 mins
Ready in: 40-50 mins

Go big or go home! That was our philosophy with the bold flavours in this veggie sensation. There's chermoula roast veggies, plus spiced chickpeas and a lightly seasoned couscous that's all brought together with a cooling yoghurt. Go big with us, you'll be glad you did.

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

Ingredients

	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.



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.



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.



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!