



Moroccan Chickpea Filo Pie

with Coconut Sauce & Roasted Veggies

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Parsnip



Carrot



Onion



Chickpeas



Moroccan Curry Paste



Garlic & Herb Seasoning



Coconut Milk



Vegetable Stock Powder



Baby Spinach Leaves



Filo Pastry



Beef Mince

Prep in: 15-25 mins
Ready in: 40-50 mins

Calorie Smart*
**Custom Recipe is not Calorie Smart*

You don't need to visit a bakery to try out this chickpea pie. You can easily make it at home and eat it piping hot from the oven. Enjoy the pop of coconut flavours in the sauce and the roast veggies.

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

Oven tray lined with baking paper · Large frying pan · Medium or large baking dish

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
parsnip	1	2
carrot	1	2
onion	1 (medium)	1 (large)
chickpeas	1 tin	2 tins
Moroccan curry paste	1 medium packet	1 large packet
garlic & herb seasoning	1 sachet	1 sachet
coconut milk	1 medium packet	2 medium packets
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 small bag	1 medium bag
butter*	20g	40g
filo pastry	1 medium packet	1 large packet
beef mince**	1 packet	1 packet (or 2 packets)

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2370kJ (566Cal)	483kJ (115Cal)
Protein (g)	19.2g	3.9g
Fat, total (g)	28.5g	5.8g
- saturated (g)	20g	4.1g
Carbohydrate (g)	83g	16.9g
- sugars (g)	16.2g	3.3g
Sodium (mg)	1767mg	360mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3566kJ (852Cal)	579kJ (138Cal)
Protein (g)	47.8g	7.8g
Fat, total (g)	46.3g	7.5g
- saturated (g)	27.9g	4.5g
Carbohydrate (g)	83g	13.5g
- sugars (g)	16.2g	2.6g
Sodium (mg)	1804mg	293mg

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.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW17



1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **parsnip** and **carrot** into bite-sized chunks. Slice **onion** into wedges.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender and brown around edges, **20-25 minutes**.

3



Bake the pie

- Transfer **veggie filling** to a baking dish.
- To a small heatproof bowl, add the **butter** and microwave in **10 second** bursts until melted.
- Lightly scrunch each sheet of **filo pastry** and place on top of **veggie mixture** to completely cover.
- Gently brush **melted butter** over to coat.
- Bake **pie** until golden, **15-20 minutes**.

2



Start the filling

- When veggies have **5 minutes** remaining, drain and rinse **chickpeas**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **Moroccan curry paste** and **garlic & herb seasoning** until fragrant, **1 minute**.
- Add **coconut milk** and **vegetable stock powder**. Stir to combine and cook until slightly thickened, **2-3 minutes**.
- Remove from heat, then stir through **baby spinach leaves**, **roasted veggies** and **chickpeas**.

Custom Recipe: If you've added beef mince to your meal, cook beef with Moroccan curry paste and garlic & herb seasoning, breaking up with a spoon, until browned, 4-5 minutes. Continue with step.

4



Serve up

- Divide Moroccan chickpea filo pie between plates. Enjoy!

Rate your recipe

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