



Everything But The Chef

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## Chickpea & Haloumi Saganaki

Saganaki comes from the name of the small frying pan used to prepare the recipe in. There are a huge variety of Greek dishes that use the saganaki pan. Filled with nutty chickpeas and paired with buttery parsley couscous, every mouthful of this saganaki is a moment in heaven. We've also used haloumi in our version... Need we say more?

**Prep:** 10 mins  
**Cook:** 25 mins  
**Total:** 35 mins  
*spicy*  
*level 1*  
*veggie*

### Pantry Items

- Olive Oil
- White Wine
- Boiling Water
- Butter



Garlic



Red Onion



Red Capsicum



Birdseye Chilli



Diced Tomatoes



Chickpeas



Couscous



Parsley



Haloumi

2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
1	2	red capsicum, diced
1	2	birdseye chilli, deseeded & finely chopped
1 clove	2 cloves	garlic, peeled & crushed
1 tin	2 tins	diced tomatoes
2 tbs	4 tbs	white wine (optional) *
1 tin	2 tins	chickpeas, drained & rinsed
½ block	1 block	haloumi, sliced
½ cup	1 cup	couscous
½ cup	1 cup	boiling water *
1 tsp	2 tsp	butter, melted *
⅓ bunch	⅔ bunch	parsley, finely chopped

⊕ May feature in another recipe

\* Pantry Items

#### Nutrition per serving

Energy	2550	Kj
Protein	26.2	g
Fat, total	22.1	g
-saturated	9.4	g
Carbohydrate	70	g
-sugars	11	g
Sodium	556	mg

#### Measuretool

0 cm	1 cm	2 cm

2a



**You will need:** chef's knife, chopping board, sieve, medium saucepan, small baking dish, medium bowl, cling wrap, and a fork.

**1** Preheat the grill to a medium-high heat.

**2** Heat the **olive oil** in a medium saucepan over a medium-high heat. Add the **red onion** and **red capsicum** and cook for **3 minutes** or until soft. Add the **birdseye chilli** and the **garlic** and cook for a further **2 minutes**. Add the **diced tomatoes**, **white wine** and some **salt** and **pepper**. Bring to the boil and then reduce to a simmer. Add the **chickpeas** and simmer gently for **8-10 minutes** or until the sauce thickens slightly.

**Tip:** If you like extra heat throw in the chilli seeds.

**3** Transfer the sauce to a medium baking dish. Place the **haloumi** slices on top and place under the grill for **5 minutes** or until the haloumi begins to turn golden.

**4** Meanwhile, place the **couscous** and **boiling water** in a medium bowl. Cover with cling wrap and set aside for **5 minutes**. Stir through the **butter**. Fluff with a fork and season to taste with salt and pepper. Stir through half of the **parsley**.

**5** Garnish the chickpea saganaki with the remaining parsley and serve with the couscous.

2b



3



4



**Did you know?** The word “saganaki” actually means “little frying pan.”