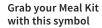
Middle Eastern Smashed Chickpea Spuds

with Garden Salad & Garlic Yoghurt

















Chickpeas



Greek-Style



Chermoula Spice

Blend

Yoghurt



Tomato Paste



Vegetable Stock



Mixed Salad



Leaves

Cheddar Cheese



Flaked Almonds



Prep in: 20-30 mins Ready in: 30-40 mins

Calorie Smart* *Custom Recipe is not Calorie Smart For the chickpea lover in all of us, dive into this tasty number with some serious dinner-time staples. These loaded jacket potatoes are taken to the next level with a drizzle of yoghurt and when paired with a bright garden salad, you'll be smiling from ear to ear.



Olive Oil, Brown Sugar, Butter, White Wine Vinegar

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 \cdot Large frying pan

Ingredients

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	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
tomato	1	2
chickpeas	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
tomato paste	1 packet	2 packets
water*	⅓ cup	¾ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2419kJ (578Cal)	410kJ (98Cal)
Protein (g)	26.2g	4.4g
Fat, total (g)	24.9g	4.2g
- saturated (g)	12g	2g
Carbohydrate (g)	55.2g	9.4g
- sugars (g)	15.4g	2.6g
Sodium (mg)	1349mg	229mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3363kJ (804Cal)	471kJ (113Cal)
Protein (g)	53.7g	7.5g
Fat, total (g)	37.7g	5.3g
- saturated (g)	17.6g	2.5g
Carbohydrate (g)	55.2g	7.7g
- sugars (g)	15.4g	2.2g
Sodium (mg)	1425mg	199mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit hellofresh.com.au/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





Bake the potatoes

- Preheat oven to 200°C/180°C fan-forced.
- Cut potato in half. Place potato on a lined oven tray.
- Drizzle with olive oil, season with salt and toss to coat.
- Arrange cut-side down and roast, until crisp and tender, 40-45 minutes.



Get prepped

- Meanwhile, finely chop garlic.
- Roughly chop tomato.
- · Drain and rinse chickpeas.

Custom Recipe: If you've added beef mince, only drain and rinse half the chickpeas.



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of olive oil and half the garlic over medium-high heat.
 Cook, until fragrant, 1 minute. Transfer to a small heatproof bowl.
- Add Greek-style yoghurt to garlic oil mixture and combine. Season to taste.



Cook the filling

- When the potatoes have 5 minutes remaining, return large frying pan to medium-high heat with a drizzle of olive oil.
- Cook chickpeas, chermoula spice blend, tomato paste and remaining garlic, until fragrant, 1-2 minutes.
- Stir in the water, the brown sugar, the butter and vegetable stock powder, until slightly reduced, 1-2 minutes. Lightly crush with a fork. Season to taste.

Custom Recipe: Return frying pan as above. Before cooking the chickpeas, cook beef mince, breaking up with a spoon, until just browned, 3-4 minutes. Continue as above.



Toss the salad

 Just before serving, in a large bowl, combine mixed salad leaves, tomato and a drizzle of the white wine vinegar and olive oil. Season.



Serve up

- Divide jacket potatoes and garden salad between plates.
- Top potatoes with Middle Eastern smashed chickpeas, Cheddar cheese and garlic yoghurt.
- Sprinkle over **flaked almonds** to serve. Enjoy!



We need your expertise!

Let our Culinary team know what you thought: hellofresh.com.au/rate