



Quick Chermoula Chickpea Bowl

with Coconut Yoghurt & Tortilla Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Celery



Long Chilli (Optional)



Chickpeas



Chermoula Spice Blend



Garlic & Herb Seasoning



Passata



Mini Flour Tortillas



Baby Spinach Leaves



Plant-Based Coconut Yoghurt



Parsley



Beef Mince

Prep in: 20-30 mins
Ready in: 25-35 mins



Plant Based*

*Custom Recipe is not Plant-based or Calorie Smart



Calorie Smart

When you simmer hearty chickpeas with subtly sweet veggies, garlicky tomatoes and our chermoula spice blend, the result is pretty magical. Serve with quick pickled chilli for a touch of heat, a coconut yoghurt for creaminess, and of course oven baked tortilla chips for crunch, and scooping!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 medium bag	1 large bag
long chilli  (optional)	½	1
chickpeas	1 packet	2 packets
white wine vinegar*	2 tbs	¼ cup
chermoula spice blend	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
baby spinach leaves	1 small bag	1 medium bag
plant-based coconut yoghurt	1 medium packet	1 large packet
parsley	1 bag	1 bag
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)	2642kJ (631Cal)	442kJ (106Cal)
Protein (g)	21.3g	3.6g
Fat, total (g)	21.4g	3.6g
- saturated (g)	7.6g	1.3g
Carbohydrate (g)	78.4g	13.1g
- sugars (g)	17.8g	3g
Sodium (mg)	1722mg	288mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3589kJ (858Cal)	497kJ (119Cal)
Protein (g)	48.9g	6.8g
Fat, total (g)	34.3g	4.7g
- saturated (g)	13.2g	1.8g
Carbohydrate (g)	78.4g	10.9g
- sugars (g)	17.8g	2.5g
Sodium (mg)	1796mg	249mg

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.



Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot** and **celery**.
- Thinly slice **long chilli** (if using).
- Drain and rinse **chickpeas**.
- In a small bowl, combine the **white wine vinegar** and a good pinch of **sugar** and **salt**. Add **chilli** and set aside.



Bake the tortilla chips

- While the chickpeas are simmering, slice **mini flour tortillas** into quarters.
- Divide **tortillas** between two lined oven trays (don't worry if they overlap). Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until lightly golden and crispy, **8-10 minutes**.
- Meanwhile, stir **baby spinach leaves** through the slightly thickened **chickpeas**. Lightly mash **chickpeas**. Remove from heat. Season to taste.



Start the chickpeas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **celery**, stirring, until tender, **5-6 minutes**.
- Add **chickpeas**, **chermoula spice blend** and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **passata**, the **plant-based butter** and the **brown sugar**. Simmer, stirring, until slightly thickened, **4-5 minutes**.

Custom Recipe: If you've added beef mince, cook beef mince with the veggies, breaking it up with a spoon, until browned, 5-6 minutes. Drain oil from the pan, then continue with the step.



Serve up

- Drain pickled **chilli**.
- Divide chermoula chickpeas between bowls. Top with pickled **chilli** and a dollop of **plant-based coconut yoghurt**. Tear over **parsley**.
- Serve with tortilla chips. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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