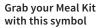


# Quick Chermoula Chickpea Bowl with Coconut Yoghurt & Tortilla Chips

CLIMATE SUPERSTAR















Chickpeas

(Optional)



Chermoula Spice



Garlic & Herb

Seasoning

Blend





Passata



**Baby Spinach** 





Parsley



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

Calorie Smart



\*Custom Recipe is not Plantbased or 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!

**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)	1/2	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		

<sup>\*</sup>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 Basins		

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3589kJ (858Cal)	<b>497kJ</b> (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!

