

Quick Chermoula Chickpea Bowl

with Coconut Yoghurt & Tortilla Chips

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Celery



Long Chilli (Optional)



Brown Onion



Chickpeas



Mini Flour Tortillas



Chermoula Spice Blend



Garlic & Herb Seasoning



Passata



Baby Spinach Leaves



Plant-Based Coconut Yoghurt



Parsley



Beef Mince

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

 Plant Based

 Calorie Smart

*Custom recipe is not Plant-based 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, 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, 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
brown onion	1	2
chickpeas	1 packet	2 packets
mini flour tortillas	6	12
chermoula spice blend	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
passata	1 box	2 boxes
water*	⅓ cup	⅔ cup
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
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)	2706kJ (647Cal)	415kJ (99Cal)
Protein (g)	22.3g	3.4g
Fat, total (g)	21.4g	3.3g
- saturated (g)	7.6g	1.2g
Carbohydrate (g)	81.3g	12.5g
- sugars (g)	20.8g	3.2g
Sodium (mg)	1712mg	262mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3704kJ (885Cal)	473kJ (113Cal)
Protein (g)	50.1g	6.4g
Fat, total (g)	34.4g	4.4g
- saturated (g)	13.3g	1.7g
Carbohydrate (g)	84.3g	10.8g
- sugars (g)	23g	2.9g
Sodium (mg)	1909mg	244mg

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) and **brown onion**.
- Drain and rinse **chickpeas**.



Make the chickpeas

- While the tortilla chips are baking, heat a large frying pan over high heat with a drizzle of **olive oil**. Cook **carrot**, **onion** and **celery**, stirring, until tender, **5-6 minutes**.
- Reduce heat to medium, add **chickpeas**, **chermoula spice blend** and **garlic & herb seasoning** and cook, stirring, until fragrant, **2 minutes**.
- Add **passata**, the **water**, **plant-based butter** and **brown sugar** and simmer, stirring, until slightly thickened, **2-3 minutes**.
- Stir **baby spinach leaves** through chickpeas. Remove from heat, lightly mash **chickpeas** and season to taste.

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



Bake the tortilla chips

- 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**.



Serve up

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

Custom Recipe: Divide chermoula beef and chickpeas between bowls.

We're here to help!

Scan here if you have any questions or concerns

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