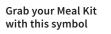


# Quick Chermoula Chickpea Bowl with Coconut Yoghurt & Tortilla Chips

**EXPLORER** 

CLIMATE SUPERSTAR













Long Chilli (Optional)

**Brown Onion** 



Chickpeas

Mini Flour Tortillas





Chermoula Spice Blend

Garlic & Herb Seasoning









Passata

**Baby Spinach** Leaves



Parslev

Plant-Based Coconut Yoghurt





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



**Plant Based** 

\*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, coconut yoghurt for creaminess, and of course oven baked tortilla chips for crunch, and scooping!

**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

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	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		
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.

