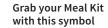


# Smashed Chermoula Chickpea-Loaded Spuds

with Garden Salad & Garlic Yoghurt

CLIMATE SUPERSTAR















Chickpeas



Greek-Style Yoghurt

Chermoula Spice Blend







Tomato Paste

Vegetable Stock





Golden Goddess Dressing

Mixed Salad





Cheddar Cheese

Flaked Almonds



Prep in: 20-30 mins Ready in: 45-55 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.

**Pantry items** 

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	3	6		
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	1 large sachet		
tomato paste	1 medium packet	2 medium packets		
water*	⅓ cup	⅔ cup		
brown sugar*	1 tsp	2 tsp		
butter*	20g	40g		
vegetable stock powder	1 medium sachet	1 large sachet		
golden goddess dressing	1 packet	2 packets		
mixed salad leaves	1 medium packet	1 large packet		
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		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2742kJ (655Cal)	461kJ (110Cal)
Protein (g)	25.4g	4.3g
Fat, total (g)	34.6g	5.8g
- saturated (g)	13.1g	2.2g
Carbohydrate (g)	54.8g	9.2g
- sugars (g)	16.3g	2.7g
Sodium (mg)	1420mg	239mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3689kJ (882Cal)	513kJ (123Cal)
Protein (g)	53g	7.4g
Fat, total (g)	47.4g	6.6g
- saturated (g)	18.7g	2.6g
Carbohydrate (g)	54.8g	7.6g
- sugars (g)	16.3g	2.3g
Sodium (mg)	1495mg	208mg

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.



# 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 stir to combine. Season to taste.



# Cook the filling

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

Custom Recipe: Return frying pan to high heat. Before cooking the chickpeas, cook beef mince, breaking up with a spoon (no need for oil), until just browned, 3-4 minutes. Continue as above.



# Toss the salad

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



# Serve up

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

