



Smashed Chermoula Chickpea-Loaded Spuds with Garden Salad & Garlic Yoghurt

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Tomato Paste



Vegetable Stock Powder



Golden Goddess Dressing



Mixed Salad Leaves



Cheddar Cheese



Flaked Almonds



Beef Mince

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.

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

Calorie Smart*
**Custom recipe is not Calorie Smart*

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

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 · Large frying pan

Ingredients

	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*	½ cup	¾ 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

*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.

1



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**.

4



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.

2



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.

5



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.

3



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.

6



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!

We're here to help!

Scan here if you have any questions or concerns

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