



Middle Eastern Chicken & Chickpea Soup

with Silverbeet & Fetta

CLIMATE SUPERSTAR

Grab your meal kit with this number

5



Chickpeas



Tomato



Carrot



Silverbeet



Chicken Breast



Tomato Paste



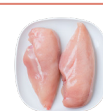
Chermoula Spice Blend



Vegetable Stock Pot



Fetta Cubes

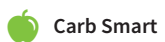


Chicken Breast



Chicken Thigh

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



Carb Smart

Eat Me Early

We've taken chickpea soup to the next level by adding juicy chicken breast, plenty of veggies, and creamy fetta to bring it all together. A substantial dinner that also happens to be lighter on the carbs.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chickpeas	½ medium packet	1 medium packet
tomato	1	2
carrot	1	2
silverbeet	1 medium packet	1 large packet
chicken breast	1 medium packet	2 medium packets OR 1 large packet
tomato paste	1 medium packet	2 medium packets
chermoula spice blend	1 medium sachet	2 medium sachets
vegetable stock pot	1 packet	2 packets
water*	2 cups	4 cups
brown sugar*	1 tsp	2 tsp
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1660kJ (397Cal)	375kJ (90Cal)
Protein (g)	45.2g	10.2g
Fat, total (g)	12.8g	2.9g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	22.3g	5g
- sugars (g)	13g	2.9g
Sodium (mg)	1591mg	359mg
Dietary Fibre (g)	9g	2g

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

- Drain **chickpeas** (see ingredients).
- Roughly chop **tomato**.
- Thinly slice **carrot** into half-moons.
- Roughly chop **silverbeet**.
- Place your hand flat on top of each **chicken breast** and slice through horizontally to make two thin steaks.



Bring it all together

- Using two forks, shred **chicken** (or slice, if preferred).
- Return **chicken** to saucepan, then simmer over a medium-high heat until slightly thickened, **1-2 minutes**.
- Stir in **silverbeet**. Season to taste.



Start the soup

- In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot**, stirring, until tender, **3-4 minutes**.
- Add **chickpeas**, **tomato paste** and **chermoula spice blend**, stirring, until fragrant, **1 minute**. Add **tomato**, **chicken breast**, **vegetable stock pot**, the **water** and **brown sugar**. Season with **salt** and **pepper**.
- Bring to the boil, then reduce heat to medium and simmer until chicken is cooked through, **10-14 minutes**.
- Using tongs, transfer **chicken** to a chopping board.

TIP: Chicken is cooked through when it's no longer pink inside.



Serve up

- Divide Middle Eastern chicken and chickpea soup between bowls.
- Crumble over **fetta cubes** to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW26



CUSTOM OPTIONS

+ **DOUBLE CHICKEN BREAST**
Follow method above.

↻ **SWAP TO CHICKEN THIGH**
Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

