

# Indian Chickpea & Veggie Filo Parcels

with Garlic Sauce & Tamarind Chutney

Grab your meal kit with this number

331



Carrot



Potato



Brown Onion



Chickpeas



Mumbai Spice Blend



Mild North Indian Spice Blend



Onion Chutney



Baby Spinach Leaves



Filo Pastry



Brown Mustard Seeds



Garlic Sauce



Tamarind Chutney



Coriander

Prep in: 30 mins  
Ready in: 50 mins

Ding dong! One delivery of scrumptious Indian spiced chickpeas and all your favourite veggies. Careful, that filo pastry wrapping is golden, crunchy, and so irresistible that it comes with a warning. As a bonus, we're giving you a tangy garlic sauce and tamarind chutney for dipping. Sign on the dotted line and this delicious dish is all yours!

### Pantry items

Olive Oil, Butter, Egg

## 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.

## You will need

Medium Saucepan · Large frying pan · Oven tray lined with baking paper

## Ingredients

|                               | 2 People        |
|-------------------------------|-----------------|
| <b>olive oil*</b>             | refer to method |
| carrot                        | 1               |
| potato                        | 1               |
| brown onion                   | 1               |
| chickpeas                     | 1 packet        |
| Mumbai spice blend            | 1 medium sachet |
| mild North Indian spice blend | 1 medium sachet |
| onion chutney                 | 1 packet        |
| <b>butter*</b>                | 20g             |
| baby spinach leaves           | 1 small packet  |
| <b>egg*</b>                   | 1               |
| filo pastry                   | 8 sheets        |
| brown mustard seeds           | 1 medium sachet |
| garlic sauce                  | 1 packet        |
| tamarind chutney              | 1 packet        |
| coriander                     | 1 packet        |

\*Pantry Items

## Nutrition

| Avg Qty           | Per Serving      | Per 100g       |
|-------------------|------------------|----------------|
| Energy (kJ)       | 5420kJ (1295Cal) | 723kJ (173Cal) |
| Protein (g)       | 38.6g            | 5.2g           |
| Fat, total (g)    | 37.4g            | 5g             |
| - saturated (g)   | 13.2g            | 1.8g           |
| Carbohydrate (g)  | 192.3g           | 25.7g          |
| - sugars (g)      | 33.5g            | 4.5g           |
| Sodium (mg)       | 3063mg           | 409mg          |
| Dietary Fibre (g) | 20.7g            | 2.8g           |

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](https://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 **240°C/220°C fan-forced**. Boil the kettle.
- Grate **carrot**. Cut **potato** into bite-sized chunks. Thinly slice **brown onion**. Drain and rinse **chickpeas**.
- Half-fill a medium saucepan with boiling water and add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with fork, **12-15 minutes**. Drain.



## Assemble & bake the parcels

- While chickpeas are cooking, in a small bowl, whisk the **egg**.
- Lay 2 **filo pastry sheets** on a flat surface and fold in half. Spoon **chickpea mixture** in the center of filo sheet. Fold sides over and roll into a parcel. Repeat for remaining **filo sheets (see ingredients)** and **veggie mixture**.
- Place on a lined oven tray. Brush **parcels** with **egg** wash and sprinkle over **mustard seeds**.
- Bake until golden, **20-25 minutes**.



## Cook the filling

- In a large frying pan, heat a drizzle of **olive oil** over high heat. Cook **chickpeas, carrot** and **brown onion**, stirring occasionally, until softened, **4-5 minutes**.
- Add **Mumbai spice blend** and **mild North Indian spice blend** and cook, until fragrant, **1 minute**.
- Stir in **cooked potato, onion chutney** and the **butter** until combined. Remove from heat then lightly crush **chickpea mixture** with a fork.
- Stir in **baby spinach leaves**, until wilted and combined. Season to taste.



## Serve up

- Divide Indian chickpea and veggie filo parcels between plates.
- Serve with **garlic sauce** and **tamarind chutney**. Tear over **coriander**. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



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