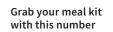


# Middle Eastern Chicken & Chickpea Soup

with Silverbeet & Fetta

WINTER WARMERS

CLIMATE SUPERSTAR











Carrot



Silverbeet





Chicken Breast

Tomato Paste





Chermoula Spice Blend

Vegetable Stock







Chicken Thigh





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 hearty 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 December	4 Decele
	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	2 medium packets
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

<sup>\*</sup>Pantry Items

#### **Nutrition**

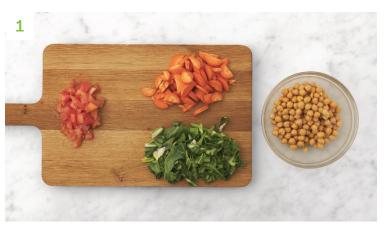
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1660kJ (397Cal)	375kJ (90Cal)
Protein (g)	45.2g	10.2g
Fat, total (g)	12.8g	2.9g
- saturated (g)	3.7g	0.8g
Carbohydrate (g)	22.3g	5g
- sugars (g)	13g	2.9g
Sodium (mg)	1591mg	359mg
Dietary Fibre (g)	9g	2g

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).

4-6 minutes.

- Return chicken to saucepan, then simmer over 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 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!



