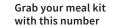


Smashed Chermoula Chickpea Spuds

with Garden Salad & Garlic Yoghurt

CLIMATE SUPERSTAR















Chickpeas



Yoghurt

Chermoula Spice Blend





Tomato Paste

Dressing







Mixed Salad Leaves

Cheddar Cheese



Flaked Almonds





Prep in: 20-30 mins Ready in: 30-40 mins

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 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

Oven tray lined with baking paper · 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	
salt*	1/4 tsp	½ tsp	
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	
*Pantry Items			

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2931kJ (701Cal)	428kJ (102Cal)
Protein (g)	27.1g	4g
Fat, total (g)	34.4g	5g
- saturated (g)	13.1g	1.9g
Carbohydrate (g)	64.6g	9.4g
- sugars (g)	18g	2.6g
Sodium (mg)	1413mg	206mg
Dietary Fibre (g)	20g	2.9g

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 **potatoes** 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.



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 with salt and pepper to taste.



Cook the filling

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



Toss the salad

 Meanwhile, in a large bowl, combine golden goddess dressing, mixed salad leaves, tomato and a drizzle of white wine vinegar and olive oil. Season to taste.



Serve up

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



ADD BEEF MINCE

Before cooking sauce, cook beef mince, breaking up with a spoon, until browned, 4-5 minutes. Continue with recipe.



Before cooking sauce, cook pork mince, breaking up with a spoon, until browned, 4-5 minutes.
Continue with recipe.

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

