



Fattoush-Style Chickpea & Veggie Salad

with Golden Goddess Dressing & Fetta Yoghurt

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Capsicum



Carrot



Zucchini



Red Onion



Chickpeas



Greek-Style Yoghurt



Fetta Cubes



Chermoula Spice Blend



Mini Flour Tortillas



Mixed Salad Leaves



Golden Goddess Dressing



Haloumi



Chicken Breast

Prep in: 15-25 mins
Ready in: 40-50 mins

Calorie Smart

This hearty number tastes truly as spectacular as it looks. Superstar tortilla chips form the foundations, giving roasted chickpeas and veggies something to pair perfectly with. Cutlery optional!

Pantry items

Olive Oil

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

Two oven trays lined with baking paper · Large frying pan

Ingredients

| | 2 People | 4 People |
|-------------------------|-----------------|------------------|
| olive oil* | refer to method | refer to method |
| capsicum | 1 | 2 |
| carrot | 1 | 2 |
| zucchini | 1 | 2 |
| red onion | 1 | 2 |
| chickpeas | 1 medium packet | 2 medium packets |
| Greek-style yoghurt | 1 medium packet | 1 large packet |
| fetta cubes | 1 medium packet | 1 large packet |
| chermoula spice blend | 1 medium sachet | 1 large sachet |
| mini flour tortillas | 3 | 6 |
| mixed salad leaves | 1 medium packet | 1 large packet |
| golden goddess dressing | 1 packet | 2 packets |

*Pantry Items

Nutrition

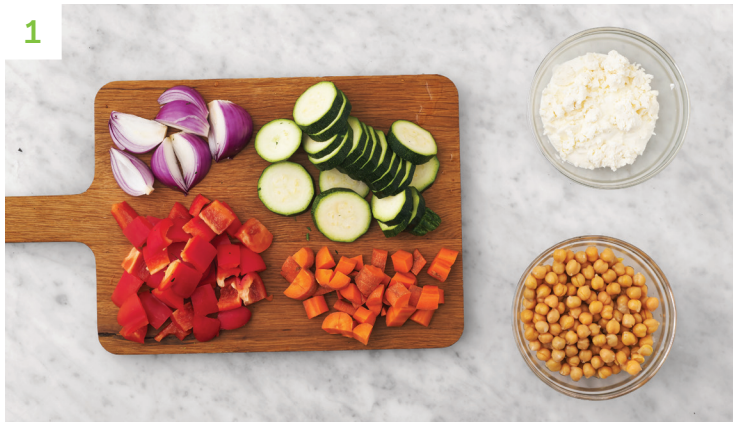
| Avg Qty | Per Serving | Per 100g |
|-------------------|-----------------|---------------|
| Energy (kJ) | 2111kJ (505cal) | 141kJ (34cal) |
| Protein (g) | 21g | 1.4g |
| Fat, total (g) | 21.9g | 1.5g |
| - saturated (g) | 5.8g | 0.4g |
| Carbohydrate (g) | 51.1g | 3.4g |
| - sugars (g) | 20.3g | 1.4g |
| Sodium (mg) | 1150mg | 76.9mg |
| Dietary Fibre (g) | 16.7g | 1.1g |

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

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **capsicum** and **carrot** into bite sized chunks.
- Slice **zucchini** into rounds.
- Slice **red onion** into thick wedges.
- Drain and rinse **chickpeas**.
- To a small bowl, add **Greek-style yoghurt** and **fetta cubes** and mash to combine. Season to taste.



Bake the tortillas

- Meanwhile, cut **mini flour tortillas** (see ingredients) into wedges.
- While veggies are cooling, spread over a second lined oven tray (don't worry if they overlap).
- Drizzle with **olive oil** and season with **salt**. Bake until lightly golden and crisp, **8-10 minutes**.



Roast the veggies

- Place **veggies** and **chickpeas** on a lined oven tray.
- Sprinkle with **chermoula spice blend**, drizzle with **olive oil**, season with a pinch of **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**. Allow to cool slightly.

TIP: If your oven tray is crowded, divide the veggies between two trays.



Serve up

- Once the veggies are cooled, combine roasted veggies, tortilla chips, **mixed salad leaves** and **golden goddess dressing** in a large bowl. Season to taste.
- Divide fattoush-style chickpea and veggie salad between bowls.
- Top with fetta yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW35



CUSTOM OPTIONS



ADD HALOUMI

Cut into 1cm-thick slices. Cook with a drizzle of olive oil until golden brown, 1-2 minutes each side.



ADD CHICKEN BREAST

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.

