

Spiced Chickpea & Spring Veggie Salad

with Harissa Yoghurt & Fetta

NEW

Grab your meal kit with this number

17



Recipe Update

We've replaced the baby capsicum in this recipe with tomato due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Sweet Potato



Cucumber



Tomato



Lemon



Garlic



Chickpeas



Harissa Paste



Greek-Style Yoghurt



Paprika Spice Blend



Chilli Flakes (Optional)



Spinach & Rocket Mix



Fetta Cubes



Chicken Tenderloins



Fetta Cubes

Prep in: 20-30 mins
Ready in: 35-45 mins

 Calorie Smart

This hearty paprika chickpea salad is brimming with flavour in every mouthful. With roasted sweet potato, baby capsicum, cucumber ribbons, harissa yoghurt and fetta cubes, you'll be doing a little dance with every bite.

Pantry items

Olive Oil, Butter, Honey

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

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	2	4
cucumber	1	2
tomato	1	2
lemon	½	1
garlic	2 cloves	4 cloves
chickpeas	1 packet	2 packets
harissa paste	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
butter*	10g	20g
paprika spice blend	1 sachet	2 sachets
chilli flakes (optional) 🌶️	pinch	pinch
honey*	1 tsp	2 tsp
spinach & rocket mix	1 medium packet	2 medium packets
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1931kJ (462cal)	174kJ (42cal)
Protein (g)	17.4g	1.6g
Fat, total (g)	17.4g	1.6g
- saturated (g)	7.2g	0.6g
Carbohydrate (g)	54.2g	4.9g
- sugars (g)	22.7g	2g
Sodium (mg)	894mg	80.3mg
Dietary Fibre (g)	16.2g	1.5g

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.

1



Roast the sweet potato

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks.
- Place **sweet potato** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Roast until tender, **20-25 minutes**. Allow to cool slightly.

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

4



Make the dressing

- In a large bowl, combine the **honey**, a good squeeze of **lemon juice**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**.

2



Get prepped

- Meanwhile, using a vegetable peeler, peel **cucumber** into ribbons.
- Roughly chop **tomatoes**.
- Slice **lemon** into wedges.
- Finely chop **garlic**.
- Drain and rinse **chickpeas**.
- In a small bowl, combine **harissa paste** and **Greek-style yoghurt**. Set aside.

5



Toss the salad

- To the dressing, add **roasted sweet potato**, **spinach & rocket mix**, **tomatoes** and **cucumber**. Toss to combine and season to taste.

3



Cook the chickpeas

- While the sweet potato is cooling, in a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **chickpeas**, tossing, until tender, **2-3 minutes**.
- Add the **butter**, **paprika spice blend**, **garlic** and a pinch of **chilli flakes** (if using), then cook until fragrant and slightly charred, **1-2 minutes**.

6



Serve up

- Divide spring veggie salad between bowls, then top with spiced chickpeas.
- Drizzle with harissa yoghurt and crumble over **fetta cubes** to garnish.
- Serve with any remaining lemon wedges. Enjoy!

We're here to help!

Scan here if you have any questions or concerns



CUSTOM OPTIONS



ADD CHICKEN TENDERLOINS

Cook until cooked through, 3-4 minutes each side.



DOUBLE FETTA CUBES

Follow method above.

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

