

Herby Chickpea Stuffed Capsicums

with Fetta, Potato Wedges & Olive Salad

VEGGIE FAVES

NEW

CLIMATE SUPERSTAR

Grab your meal kit with this number

33



Capsicum



Potato



Garlic



Brown Onion



Tomato



Chickpeas



Greek-Style Yoghurt



Tomato & Herb Seasoning



Tomato Paste



Fetta Cubes



Mixed Salad Leaves



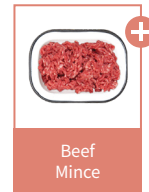
Kalamata Olives



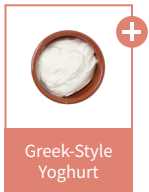
Parsley



Flaked Almonds



Beef Mince



Greek-Style Yoghurt

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

Calorie Smart

Tender, oven-roasted capsicum is the ideal vessel for a rich, herby chickpea mixture topped with a creamy crumble of fetta. Serve alongside some crispy wedges and an olive-speckled salad for a vibrant and exciting mid-week meal packed with veg!

Pantry items

Olive Oil, Brown Sugar, Butter, Balsamic 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	2	4
potato	2	4
garlic	2 cloves	4 cloves
brown onion	1	2
tomato	1	2
chickpeas	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
tomato & herb seasoning	1 sachet	2 sachets
tomato paste	1 medium packet	1 large packet
water*	½ cup	¾ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
fetta cubes	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
kalamata olives	1 packet	2 packets
balsamic vinegar*	drizzle	drizzle
parsley	1 packet	1 packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2654kJ (634cal)	218kJ (52cal)
Protein (g)	25.3g	2.1g
Fat, total (g)	29.7g	2.4g
- saturated (g)	11g	0.9g
Carbohydrate (g)	59.9g	4.9g
- sugars (g)	20.7g	1.7g
Sodium (mg)	1663mg	136.8mg
Dietary Fibre (g)	22.4g	1.8g

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

1



Start the capsicum

- Preheat oven to **240°C/220°C fan-forced**.
- Slice **capsicum** in half lengthways and remove stem and seeds.
- Place **capsicum** on a lined oven tray. Brush with **olive oil** and season with **salt** and **pepper**. Arrange cut-side up and roast until tender, **20-25 minutes**.

4



Make the filling

- When capsicums have **5 minutes** remaining, return frying pan to high heat with a drizzle of **olive oil**. Cook **onion** and **chickpeas** until tender, **3-4 minutes**.
- Reduce heat to medium-high, then add **tomato & herb seasoning**, **tomato paste** and the remaining **garlic** and cook until fragrant, **1-2 minutes**.
- Stir in the **water**, **brown sugar** and **butter** and simmer until slightly thickened, **1-2 minutes**. Season to taste.

2



Bake the wedges

- Meanwhile, cut **potato** into wedges.
- Place **wedges** on a second lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Bake until tender, **20-25 minutes**.

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

5



Finish the capsicum

- Once capsicums are done, remove tray from oven. Spoon some **chickpea mixture** into capsicums.
- Crumble over **fetta cubes** and bake until golden, **5-7 minutes**.

3



Get prepped

- Finely chop **garlic**. Thinly slice **brown onion**. Thinly slice **tomato** into wedges. Drain and rinse **chickpeas**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Add half the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste with **salt** and **pepper**.

6



Serve up

- In a medium bowl, combine **mixed salad leaves**, tomato, **kalamata olives** and a drizzle of **balsamic vinegar** and olive oil. Season to taste.
- Divide potato wedges, olive salad, herby chickpea stuffed capsicums and any remaining chickpea filling between plates.
- Tear over **parsley**, sprinkle with **flaked almonds** and drizzle over garlic yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW42



CUSTOM OPTIONS



ADD BEEF MINCE

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



DOUBLE GREEK-STYLE YOGHURT

Follow method above.

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

