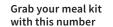


# Middle Eastern Chicken & Chickpea Soup

with Silverbeet & Fetta

CLIMATE SUPERSTAR













Carrot

Silverbeet



Chicken Breast

Tomato Paste







Chermoula Spice Blend

Vegetable Stock





Fetta Cubes



Chicken Breast



Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me Early



**Carb Smart** 



**Protein Rich** 

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 People	4 People
olive oil*	refer to method	refer to method
chickpeas	½ packet	1 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**

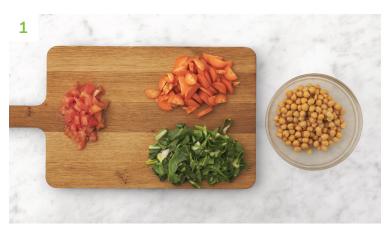
Avg Qty	Per Serving	Per 100g
Energy (kJ)	1657kJ (396cal)	143kJ (34cal)
Protein (g)	45.2g	3.9g
Fat, total (g)	12.8g	1.1g
- saturated (g)	3.7g	0.3g
Carbohydrate (g)	22.4g	1.9g
- sugars (g)	13g	1.1g
Sodium (mg)	1593mg	137.7mg
Dietary Fibre (g)	9g	0.8g

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.



# Get prepped

- Drain chickpeas (see ingredients).
- Roughly chop **tomato**.
- · Thinly slice carrot into half-moons.
- Roughly chop **silverbeet**.
- · Cut chicken breast into 2cm chunks.



## Bring it all together

- Once the chicken is cooked, stir in silverbeet.
- Season to taste with salt and pepper.



## 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, 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**.

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!





