

Smashed Spiced Chickpea Spuds

with Garden Salad & Garlic Yoghurt

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Potato



Garlic



Tomato



Spring Onion



Chickpeas



Greek-Style Yoghurt



Nan's Special Seasoning



Tomato Paste



Golden Goddess Dressing



Mixed Salad Leaves



Cheddar Cheese



Beef Mince



Pork Mince

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

 Calorie Smart

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

	2 People	4 People
olive oil*	refer to method	refer to method
potato	3	6
garlic	3 cloves	6 cloves
tomato	1	2
spring onion	1 stem	2 stems
chickpeas	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 medium packet	2 medium packets
water*	½ cup	¾ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
golden goddess dressing	1 packet	2 packets
mixed salad leaves	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
Cheddar cheese	1 large packet	2 large packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2700kJ (645cal)	262kJ (63cal)
Protein (g)	25g	2.4g
Fat, total (g)	31.6g	3.1g
- saturated (g)	12.9g	1.3g
Carbohydrate (g)	59.4g	5.8g
- sugars (g)	16.9g	1.6g
Sodium (mg)	984mg	95.3mg
Dietary Fibre (g)	17.9g	1.7g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW47



1



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**.

4



Cook the filling

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

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Roughly chop **tomato**.
- Thinly slice **spring onion**.
- Drain and rinse **chickpeas**.

5



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.

3



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.

6



Serve up

- Divide spuds and garden salad between plates.
- Top spuds with smashed chermoula chickpeas, spring onion, **Cheddar cheese** and garlic yoghurt. Enjoy!

CUSTOM OPTIONS



ADD BEEF MINCE

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



ADD PORK MINCE

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.

