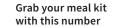


# Smashed Spiced Chickpea Spuds with Garden Salad & Garlic Yoghurt

CLIMATE SUPERSTAR















Spring Onion







Nan's Special



Tomato Paste

Leaves

Seasoning



Golden Goddess



Dressing



Cheddar Cheese





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



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*	⅓ cup	⅔ 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.



# 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.



# Get prepped

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



# 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.



# 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.



# 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.



# Serve up

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



### 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.

