



All-American Roast Chickpea & Avo Salad

with Fetta & Garlic Yoghurt

SUMMER SALADS

NEW

Grab your meal kit with this number

8



Chickpeas



Brown Onion



All-American Spice Blend



Tomato



Cucumber



Avocado



Lemon



Garlic Paste



Greek-Style Yoghurt



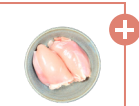
Mixed Salad Leaves



Dijon Mustard



Fetta Cubes



Chicken Thigh



Mild Chorizo

Prep in: 15-20 mins
Ready in: 30-40 mins

Carb Smart

We're in our light and bright era so only a salad will do! With our smokey All-American spice blend on the menu, these chickpeas are getting a real flavour kick. Toss them in a Dijon-laced salad and serve them up with some avocado, fetta cubes and garlic yoghurt, for a meal that nips that salad craving in the bud!

Pantry items

Olive Oil

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chickpeas	1 packet	2 packets
brown onion	1	2
All-American spice blend	1 medium sachet	1 large sachet
tomato	1	2
cucumber	1	2
avocado	1	2
lemon	1	2
garlic paste	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
mixed salad leaves	1 medium packet	1 large packet
Dijon mustard	1 packet	2 packets
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2048kJ (318cal)	318kJ (49cal)
Protein (g)	20.1g	3.1g
Fat, total (g)	26.1g	4g
- saturated (g)	6.4g	1g
Carbohydrate (g)	36.7g	5.7g
- sugars (g)	17.5g	2.7g
Sodium (mg)	1066mg	165.3mg
Dietary Fibre (g)	23.5g	3.6g

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 chickpeas

- Preheat oven to **240°C/220°C fan-forced**.
- Drain and rinse **chickpeas**.
- Slice **brown onion** into thick wedges.
- Place **chickpeas** and **onion** on a lined oven tray. Drizzle with **olive oil**, sprinkle with **All-American spice blend**, season with **salt** and toss to coat.
- Spread out evenly, then roast until tender, **20-25 minutes**.

3



Toss the salad

- Once chickpeas are done, in a large bowl, combine **mixed salad leaves**, **tomato**, **cucumber**, **Dijon mustard**, a squeeze of **lemon juice** and a drizzle of **olive oil**.
- Season to taste.

2



Get prepped

- Meanwhile, roughly chop **tomato**.
- Thinly slice **cucumber** into rounds.
- Slice **avocado** in half, scoop out flesh and thinly slice.
- Slice **lemon** into wedges.
- In a small microwave-safe bowl, microwave **garlic paste** with a drizzle of **olive oil** in **10 second** bursts, until fragrant.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste.

4



Serve up

- Divide salad between bowls.
- Top with All-American roast chickpeas and avocado.
- Crumble over **fetta cubes** and drizzle with garlic yoghurt to serve. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW51



CUSTOM OPTIONS

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook in a frying pan, with a drizzle of olive oil, until cooked through, 4-6 minutes.

+ ADD MILD CHORIZO

Roughly chop. In the last 8 minutes of cook time, add to tray with chickpeas and bake until golden, 7-8 minutes.

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

