

# Garlicky Tomato Chickpeas & Harissa Rice

with Salad & Fetta-Yoghurt Sauce

Grab your Meal Kit with this symbol



Harissa Paste



Basmati Rice



Vegetable Stock Pot



Garlic



Cherry/Snacking Tomatoes



Carrot



Chickpeas



Fetta Cubes



Greek-Style Yoghurt



Tomato Paste



Garlic & Herb Seasoning



Baby Spinach Leaves



Roasted Almonds

### Recipe Update

Unfortunately, this week's black beans were in short supply, so we've replaced them with chickpeas. Don't worry, the recipe will be just as delicious!

Hands-on: **20-30 mins**  
 Ready in: **25-35 mins**  
 Naturally Gluten-Free  
*Not suitable for coeliacs*

In this vibrant veggie dish, hearty chickpeas and sweet grated carrot soak up the garlic and herb tomato sauce like a treat. The mildly spiced harissa rice boasts the perfect balance of sweet and smoky flavours, and the feta-yoghurt brings everything together, providing creaminess and tang. Don't forget the sprinkle of roasted almonds for some crunch!

### Pantry items

Olive Oil, Butter, White Wine Vinegar

## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

## You will need

Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
butter* (for the rice)	20g	40g
harissa paste	1 medium packet	1 large packet
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1¼ cups	2 ½ cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
garlic	2 cloves	4 cloves
cherry/snacking tomatoes	1 punnet	2 punnets
carrot	1	2
chickpeas	1 tin	2 tins
fetta cubes	1 small packet	1 medium packet
Greek-style yoghurt	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 sachet	2 sachets
water* (for the sauce)	½ cup	1 cup
butter* (for the sauce)	20g	40g
baby spinach leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
roasted almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3590kJ (858Cal)	670kJ (160Cal)
Protein (g)	24.9g	4.6g
Fat, total (g)	35.5g	6.6g
- saturated (g)	15.2g	2.8g
Carbohydrate (g)	101.6g	19g
- sugars (g)	16.3g	3g
Sodium (mg)	1872mg	349mg

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Cook the rice

- In a medium saucepan, melt the **butter (for the rice)** with a dash of **olive oil** over a medium heat. Add **harissa paste** and cook until fragrant, **1 minute**. Add **basmati rice**, the **water (for the rice)** and **vegetable stock pot**. Stir to combine, then bring to the boil.
- Reduce heat to low, then cover with a lid and cook for **10 minutes**.
- Remove from heat and keep covered until rice is tender and water is absorbed, **10 minutes**.

**TIP:** The rice will finish cooking in its own steam, so don't peek!

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## Cook the chickpeas & toss the salad

- Return frying pan to a high heat with a drizzle of **olive oil**. Cook **chickpeas** and **carrot**, stirring, until slightly golden and tender, **4-5 minutes**. Reduce heat to medium. Add **tomato paste**, **garlic & herb seasoning** and remaining **garlic** and cook until fragrant, **1 minute**.
- Add the **water (for the sauce)** and **butter (for the sauce)**. Simmer until thickened, **3-4 minutes**. Season with **salt** and **pepper** to taste.
- Meanwhile, combine **baby spinach leaves**, **cherry tomatoes** and a drizzle of **white wine vinegar** and **olive oil** in a medium bowl. Season to taste.

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## Get prepped

- While rice is cooking, finely chop **garlic**. Halve **cherry tomatoes**. Grate **carrot**. Drain and rinse **chickpeas**.
- In a large frying pan, heat a drizzle of **olive oil** and 1/2 the **garlic** over a medium-high heat. Cook, stirring, until fragrant, **1 minute**.
- Transfer **garlic oil mixture** to a small bowl. Add **fetta cubes**, mashing to combine. Stir in **Greek-style yoghurt**. Season with **pepper**.

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## Serve up

- Roughly chop **roasted almonds**.
- Divide harissa rice between bowls. Top with garlicky tomato chickpeas and a dollop of fetta-yoghurt sauce. Sprinkle with almonds.
- Serve with salad.

## Enjoy!