


Garlicky Tomato Chickpeas & Chermoula Rice


with Fetta Salad, Garlic Yoghurt & Almonds


Grab your Meal Kit with this symbol




- 


Chermoula Spice Blend




Basmati Rice
- 


Garlic




Cherry/Snacking Tomatoes
- 


Carrot




Chickpeas
- 

Tomato Paste




Garlic & Herb Seasoning
- 


Mixed Salad Leaves



Flaked Almonds
- 

Fetta Cubes



Greek-Style Yoghurt
- 

Vegetable Stock Pot

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

In this vibrant veggie dish, hearty chickpeas and subtly sweet grated carrot soak up the garlic and herb tomato sauce like a treat. Our chermoula spice blend gives the rice a gorgeous golden hue, while the garlic yoghurt brings everything together, providing creaminess and tang. Don't forget to crumble the fetta over the salad before serving up (we doubt you will!).

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*	40g	80g
chermoula spice blend	1 medium sachet	1 large sachet
basmati rice	1 medium packet	1 large packet
water* (for the rice)	1½ cups	3 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
Greek-style yoghurt	1 medium packet	1 large packet
tomato paste	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	1 large sachet
water* (for the sauce)	½ cup	1 cup
mixed salad leaves	1 small bag	1 medium bag
white wine vinegar*	drizzle	drizzle
fetta cubes	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2905kJ (694Cal)	554kJ (132Cal)
Protein (g)	24.9g	4.7g
Fat, total (g)	33.7g	6.4g
- saturated (g)	14.9g	2.8g
Carbohydrate (g)	108.6g	20.7g
- sugars (g)	16.9g	3.2g
Sodium (mg)	2119mg	404mg

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



2022 | CW35

1



Cook the rice

- In a medium saucepan, heat 1/2 the **butter** and a dash of **olive oil** over medium heat.
- Cook **chermoula spice blend** until fragrant, **30 seconds**. 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!

3



Cook the chickpeas & toss the salad

- Return frying pan to 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** and **garlic & herb seasoning** and cook until fragrant, **1 minute**.
- Add the **water (for the sauce)** and remaining **butter**. Simmer until thickened, **2-3 minutes**. Season to taste.
- Meanwhile, combine **mixed salad leaves**, **cherry tomatoes** and a drizzle of **olive oil** and **white wine vinegar** in a medium bowl. Scatter over the **fetta cubes**. Season to taste.

2



Get prepped

- Meanwhile, finely chop **garlic**. Halve **cherry tomatoes**. Grate **carrot**. Drain and rinse **chickpeas**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **garlic**, stirring, until fragrant, **1 minute**.
- Transfer to a small bowl. Add **Greek-style yoghurt** and stir to combine. Season to taste.

4



Serve up

- Divide garlicky tomato chickpeas and chermoula rice between bowls. Top with garlic yoghurt and sprinkle with **flaked almonds**.
- Serve with fetta salad. Enjoy!

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