



QUICK VEGGIE LOADED JACKET POTATOES

with Spiced Chickpeas & Yoghurt



Cook speedy jacket potatoes



Potato



Brown Onion



Greek Yoghurt



Zucchini



Garlic



Walnuts



Chickpeas



Mediterranean Spice Blend



Mixed Salad Leaves



Tomato Paste



Carrot

Hands-on: **20 mins**
Ready in: **35 mins**

Low calorie

Naturally gluten-free
Not suitable for Coeliacs

This one goes out to all the haters who said that jacket potatoes were too slow to cook on a weeknight. Bah humbug to that! We're about to show you the one weird trick that will put this classic dish back on the menu on a busy weeknight.

Pantry Staples: Olive Oil, Vinegar (White Wine Or Balsamic)

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, fork, microwave safe plate, tongs, oven tray** lined with **baking paper, fine grater, sieve, box grater, medium frying pan, wooden spoon** and a **large bowl**.



1 GET PREPPED

Preheat the oven to **200°C/180°C fan-forced**. Cut the **potato** (unpeeled) in half. **TIP:** *Keep the skin on the potato to retain all the nutrients.* Prick the potato halves with a fork.



2 COOK THE POTATOES

Place the **potato** halves, cut side down, on a plate and microwave on high for **10 minutes**. Carefully remove and transfer the potatoes to an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Place on the top rung of the oven and cook for **10-15 minutes**, or until tender. **TIP:** *If you don't have a microwave, cook the potato halves in the oven for 30 minutes, or until tender.*



3 CONTINUE PREPPING

While the potatoes are cooking, finely chop the **brown onion**. Dice the **zucchini**. Peel and finely grate the **garlic**. Drain and rinse the **chickpeas**. Grate the **carrot** (unpeeled).



4 COOK THE SPICED CHICKPEAS

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium heat. Add the **brown onion** and **zucchini** and cook for **5 minutes**, or until softened. Add the **garlic** and the **Mediterranean spice blend** and stir through for **1 minute**, or until fragrant. Add the **chickpeas, tomato paste, water** (check ingredients list for the amount) and **salt** (check ingredients list for the amount) and simmer for **5 minutes**, or until the water has evaporated.



5 MAKE THE SALAD

While the chickpeas are cooking, combine the **vinegar** and **olive oil** (**2 tsp for 2 people / 1 tbs for 4 people**) in a large bowl. Add the **carrot, mixed salad leaves** and **walnuts** and season with a **pinch** of **salt** and **pepper**. Toss to combine. **TIP:** *Dress the salad just before serving to avoid soggy leaves.*



6 SERVE UP

Divide the quick jacket potatoes between plates and top with the spiced chickpeas and a dollop of **Greek yoghurt**. Serve the salad on the side.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	400 g	800 g
brown onion	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
chickpeas	1 tin (400 g)	2 tins (800 g)
carrot	1	2
Mediterranean spice blend	1 sachet (3 tsp)	2 sachets (1½ tbs)
tomato paste	1 sachet (50 g)	2 sachets (100 g)
water*	½ cup	1 cup
salt*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	1 tsp	2 tsp
mixed salad leaves	1 bag	1 bag
walnuts	1 packet	2 packets
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2170kJ (518Cal)	248kJ (59Cal)
Protein (g)	23.0g	2.6g
Fat, total (g)	13.5g	1.5g
- saturated (g)	2.5g	0.3g
Carbohydrate (g)	66.7g	7.6g
- sugars (g)	18.6g	2.1g
Sodium (g)	670mg	77mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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