



Middle Eastern Chickpea Stew & Toasted Freekeh

with Roasted Veggies & Garlic Yoghurt

Grab your Meal Kit with this symbol



Freekeh



Vegetable Stock



Carrot



Cauliflower



Garlic



Brown Onion



Chickpeas



Parsley



Pine Nuts



Greek Yoghurt



Chermoula Spice Blend



Diced Tomatoes with Garlic & Olive Oil



Coconut Milk



Baby Spinach Leaves

Hands-on: **35-45 mins**
 Ready in: **40-50 mins**

Calorie Smart

We're taking chickpea stew to the next level by adding roasted veggies, toasted pine nuts and garlic yoghurt. Served on a bed of freekeh, an ancient grain that adds a toasted, nutty flavour and great texture, this is a nutritionally balanced dinner packed with good stuff!

Pantry items

Olive Oil

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

Large saucepan · Oven tray lined with baking paper
· Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock	2 cubes	4 cubes
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
garlic	2 cloves	4 cloves
brown onion	1	2
chickpeas	½ tin	1 tin
parsley	1 bag	1 bag
pine nuts	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)
chermoula spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
coconut milk	1 tin (165ml)	1 tin (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2719kJ (649Cal)	367kJ (87Cal)
Protein (g)	20.9g	2.8g
Fat, total (g)	31.1g	4.2g
- saturated (g)	11.9g	1.6g
Carbohydrate (g)	61.5g	8.3g
- sugars (g)	27.1g	3.7g
Sodium (mg)	1816mg	245mg

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



1. Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. Rinse the **freekeh**. In a large saucepan, heat a **drizzle** of **olive oil** over medium-high heat. Add the **freekeh** and toast until fragrant, **2 minutes**. Add the **water** and the crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil and then reduce to medium-high and cook, until tender, **30-35 minutes**.

TIP: The freekeh is ready when it has softened but still retains some bite.



4. Make the garlic yoghurt

Return the frying pan to a medium-high heat with **olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and the **garlic**. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek yoghurt** to the **garlic oil mixture** and combine. Season to taste.



2. Roast the veggies

While the freekeh is cooking, cut the **carrot** (unpeeled) into 2cm chunks. Chop the **cauliflower** into small florets. Place the **carrot** and **cauliflower** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **25-30 minutes**.



5. Make the stew

Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and cook, until softened, **3-4 minutes**. Add the **chermoula spice blend** and cook until fragrant, **1 minute**. Add the **chickpeas**, **diced tomatoes with garlic & olive oil**, **coconut milk** and crumble in the **remaining vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil and cook until thickened, **5-6 minutes**. Stir through the **baby spinach leaves** and **roasted veggies**.



3. Get prepped

While the veggies are roasting, finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Drain and rinse the **chickpeas (see ingredients list)**. Roughly chop the **parsley** leaves. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast until golden, **2-3 minutes**. Transfer to a small bowl and set aside.



6. Serve up

Divide the Middle Eastern chickpea stew and toasted freekeh between plates, then top with the garlic yoghurt and pine nuts. Garnish with the parsley to serve.

Enjoy!