



# RAINBOW POWER SALAD

with Smoky Fried Chickpeas & Lemon Yoghurt Dressing



Make spiced chickpeas



Sweet Potato



Broccoli



Slivered Almonds



Chickpeas



Smoked Paprika



Cherry Tomatoes



Lemon



Greek Yoghurt



Mixed Salad Leaves

**Pantry Staples:** Olive Oil, Brown Sugar

Hands-on: **25 mins**  
Ready in: **30 mins**

Naturally gluten-free  
*Not suitable for Coeliacs*

Low calorie

It's time to up your legume game and we are going to show you how. The humble chickpea is about to be transformed and it's so popping good, you might just need to keep a lid on it. Combined with some of our other favourite ingredients, this power salad is sure to win you a few friends.

## BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them!! You will need: **chef's knife, chopping board, medium frying pan, wooden spoon, plate, sieve, paper towel, medium bowl, large frying pan, small bowl, large bowl** and **tongs**.



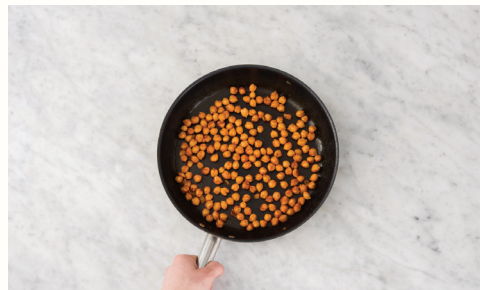
### 1 GET PREPPED

Chop the **sweet potato** (unpeeled) into 1 cm chunks. **TIP:** *Cutting the sweet potato to the correct size ensures it cooks in the allocated time!* Slice the **broccolini** into thirds, chopping any thicker stalks in half.



### 2 COOK THE VEG

Heat a **drizzle** of **olive oil** in a medium frying pan over a medium-high heat. Add the **sweet potato** to the pan. Season with a **pinch** of **salt** and **pepper** and cook, tossing regularly, for **15 minutes**, or until golden and tender. In the last **5-6 minutes** of cooking time, add the **slivered almonds** and **broccolini** and cook until toasted and tender. Transfer to a plate and set aside.



### 3 FRY THE CHICKPEAS

While the sweet potato is cooking, rinse the **chickpeas**. **TIP:** *Pat the chickpeas dry with a paper towel to help them crisp up.* In a medium bowl, toss the chickpeas, **smoked paprika** and **salt (use suggested amount)**. Heat enough **olive oil** to coat the base of a large frying pan over a medium-high heat. Add the chickpeas and cook, stirring occasionally, for **10 minutes**, or until darkened and slightly crispy.

**TIP:** *If the chickpeas are popping out of the pan, partially cover the pan with a lid.*



### 4 CONTINUE PREPPING

While the chickpeas are cooking, slice the **cherry tomatoes** in half. Juice the **lemon**. In a small bowl, mix the lemon **juice (2 tsp for 2 people / 1 tbs for 4 people)**, **Greek yoghurt** and a **pinch** of **salt** and **pepper**. Set aside.



### 5 TOSS THE SALAD

In a large bowl, combine the **lemon juice (2 tsp for 2 people / 1 tbs for 4 people)**, **olive oil (1 tbs for 2 people / 2 tbs for 4 people)** and a **pinch** of **brown sugar** and mix well. Add the **mixed salad leaves**, spiced **chickpeas**, **sweet potato**, **slivered almonds**, **broccolini** and **cherry tomatoes** to the bowl. Toss to coat in the dressing. **TIP:** *Toss the salad just before serving to prevent soggy leaves*



### 6 SERVE UP

Divide the rainbow power salad with smoky fried chickpeas between plates and drizzle over the lemon yoghurt dressing.

## ENJOY!

## 2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
sweet potato	200g	400g
broccolini	1 bunch	2 bunches
slivered almonds	1 packet	2 packets
chickpeas	1 tin (400 g)	2 tins (800 g)
smoked paprika	1 sachet (2 tsp)	2 sachets (1 tbs)
salt*	¼ tsp	½ tsp
cherry tomatoes	1 punnet	2 punnets
lemon	1	2
Greek yoghurt	1 tub (100 g)	1 tub (200 g)
brown sugar*	pinch	pinch
mixed salad leaves	1 bag	1 bag

\*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	1700kJ (406Cal)	273kJ (65Cal)
Protein (g)	21.6g	3.5g
Fat, total (g)	10.2g	1.7g
- saturated (g)	2.2g	0.4g
Carbohydrate (g)	49.9g	8.0g
- sugars (g)	17.2g	2.8g
Sodium (g)	448mg	72mg

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

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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