



# Middle Eastern-Style Chickpea Bowl

with Coconut Yoghurt & Tortilla Chips

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Celery



Long Chilli (Optional)



Chickpeas



Chermoula Spice Blend



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Mini Flour Tortillas



Baby Spinach Leaves



Parsley



Plant-Based Coconut Yoghurt



Beef Mince

Prep in: 20-30 mins  
Ready in: 25-35 mins



Calorie Smart<sup>^</sup>  
<sup>^</sup>Custom Recipe is not Calorie Smart

Plant Based\*



\*Custom Recipe is not Plant-Based

When you simmer hearty chickpeas with subtly sweet veggies, garlicky tomatoes and our chermoula spice blend, the result is pretty magical. Serve with quick pickled chilli for a touch of heat, a coconut yoghurt for creaminess, and of course oven baked tortilla chips for crunch, and scooping!

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

## Before you start

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

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

## You will need

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
celery	1 medium packet	1 large packet
long chilli 🌶️ (optional)	½	1
chickpeas	1 tin	2 tins
<b>white wine vinegar*</b>	2 tbs	¼ cup
chermoula spice blend	1 medium sachet	1 large sachet
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
<b>plant-based butter*</b>	20g	40g
<b>brown sugar*</b>	1 tsp	2 tsp
mini flour tortillas	6	12
baby spinach leaves	1 small bag	1 medium bag
plant-based coconut yoghurt	1 medium packet	1 large packet
parsley	1 bag	1 bag
beef mince**	1 small packet	1 medium packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2254kJ (539Cal)	359kJ (86Cal)
Protein (g)	21.2g	3.4g
Fat, total (g)	20.7g	3.3g
- saturated (g)	7.2g	1.1g
Carbohydrate (g)	90.5g	14.4g
- sugars (g)	22.5g	3.6g
Sodium (mg)	2388mg	380mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3199kJ (765Cal)	425kJ (102Cal)
Protein (g)	48.7g	6.5g
Fat, total (g)	33.5g	4.4g
- saturated (g)	12.7g	1.7g
Carbohydrate (g)	90.5g	12g
- sugars (g)	22.5g	3g
Sodium (mg)	2463mg	327mg

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.

## We're here to help!

Scan here if you have any questions or concerns



## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot** and **celery**. Thinly slice **long chilli** (if using). Drain and rinse **chickpeas**.
- In a small bowl, combine **white wine vinegar** and a good pinch of sugar and **salt**. Add **chilli** and set aside.



## Bake the tortilla chips

- While the chickpeas are simmering, slice **mini flour tortillas** into quarters.
- Divide **tortillas** between two lined oven trays (don't worry if they overlap). Drizzle with **olive oil**, season with **salt** and toss to coat. Bake until lightly golden and crispy, **8-10 minutes**.
- Meanwhile, stir **baby spinach leaves** through the slightly thickened **chickpeas**. Lightly mash **chickpeas**. Remove from heat. Season to taste.



## Start the chickpeas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **carrot** and **celery**, stirring, until tender, **5-6 minutes**.
- Stir in **chickpeas**, **chermoula spice blend** and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **diced tomatoes**, the **plant-based butter** and the **brown sugar**. Simmer until slightly thickened, **4-5 minutes**.

**Custom Recipe:** If you've added beef mince, cook beef with the veggies, breaking it up with a spoon, until browned, 5-6 minutes. Drain the oil from the pan, then continue with the step.



## Serve up

- Drain pickled chilli.
- Divide Middle Eastern-style chickpeas between bowls. Top with pickled chilli and a dollop of **plant-based coconut yoghurt**. Tear over **parsley**.
- Serve with tortilla chips. Enjoy!

## Rate your recipe

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