



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



Plant-Based Coconut Yoghurt



Parsley



Beef Mince

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

Plant Based*

*Custom Recipe is not Plant-based or Calorie Smart

Calorie Smart*

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

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large frying pan · Two oven trays lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 bag	2 bags
long chilli  (optional)	½	1
chickpeas	1 packet	2 packets
white wine vinegar*	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
plant-based butter*	20g	40g
brown sugar*	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)	2717kJ (649Cal)	436kJ (104Cal)
Protein (g)	21.2g	3.4g
Fat, total (g)	20.9g	3.4g
- saturated (g)	7.2g	1.2g
Carbohydrate (g)	85.3g	13.7g
- sugars (g)	21.8g	3.5g
Sodium (mg)	2303mg	370mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3661kJ (875Cal)	490kJ (117Cal)
Protein (g)	48.7g	6.5g
Fat, total (g)	33.7g	4.5g
- saturated (g)	12.7g	1.7g
Carbohydrate (g)	85.3g	11.4g
- sugars (g)	21.8g	2.9g
Sodium (mg)	2378mg	318mg

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!

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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 the **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**.
- Add **chickpeas**, **chermoula spice blend** and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **diced tomatoes with garlic & onion**, 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!

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