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WK49
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Roasted Broccoli & Chickpea Salad with Fetta Cheese

Garam masala spice blend is the secret ingredient in this nourishing bowl with hearty broccoli and chickpeas, creamy fetta, crunchy walnuts and refreshing mint. The combination will blow your mind!



Prep: 10 mins

Cook: 15 mins

Total: 25 mins



level 1



high fibre

Pantry Items



Olive Oil



Water



Broccoli



Quinoa



Chickpeas



Garam Masala



Walnuts



Mint



Coriander



Fetta Cheese



Lemon

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2P	4P	Ingredients	
1 head	2 heads	broccoli, chopped into small florets	🌿
1 tbs	2 tbs	olive oil *	
1 packet	2 packets	quinoa, rinsed	
1 ½ cups	3 cups	water *	
1 tin	2 tins	chickpeas, drained & rinsed	
½ sachet	1 sachet	garam masala (recommended amount)	
1 sachet	2 sachets	walnuts, crushed	
1 bunch	2 bunches	mint, leaves picked & roughly chopped	
½ bunch	1 bunches	coriander, leaves picked & roughly chopped	🌿
1 block	2 blocks	fetta cheese, crumbled	
½	1	lemon, sliced into wedges	🌿

🌿 Ingredient features in another recipe

* Pantry Items

🌿 Pre-preparation

Nutrition per serve

Energy	2560	Kj
Protein	29.7	g
Fat, total	29.1	g
-saturated	6.4	g
Carbohydrate	53.5	g
-sugars	1.6	g
Sodium	305	mg



You will need: *chef's knife, chopping board, sieve, oven tray lined with baking paper, medium saucepan with lid, medium frying pan and wooden spoon.*

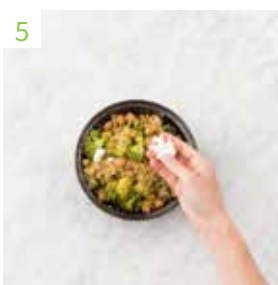
1 Preheat the oven to **220°C/200°C fan-forced**.

2 Place the **broccoli** on the prepared oven tray. Drizzle in half the **olive oil** and season with **salt and pepper**. Cook for **10-15 minutes**, or until golden. Set aside.

3 Place the **quinoa** and **water** in a medium saucepan and bring to the boil. Cover with a lid and reduce to a medium heat. Simmer for **8-10 minutes**, or until the quinoa is tender and the water has absorbed (drain excess water). Set aside.

4 Heat a medium frying pan over a medium-high heat, add the rest of the olive oil, **chickpeas**, **garam masala** and crushed **walnuts** and stir to coat in the spices for **2-3 minutes**. Season with salt and pepper and remove from the heat.

5 To serve, combine the chickpea spice mixture, roasted broccoli, roughly chopped **mint** and **coriander** and mix together. Crumble over the **fetta cheese**, season with salt and pepper and serve with a **lemon wedge**. Enjoy!



Did you know? Broccoli is very high in Vitamin C. In fact, one cup of chopped broccoli contains the same amount of Vitamin C as an orange.