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WK51  
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## Spanish Chickpea Rice & Crumbled Fetta

You can thank the Spanish (no, not the Italians) for bringing tomatoes from Mexico to Europe and for so many of our favourite dishes. This flavoursome rice with tasty chickpeas and fetta is a fitting celebration of our favourite fruit masquerading as a vegetable!



Prep: 10 mins

Cook: 25 mins

Total: 35 mins



level 1



high fibre

### Pantry Items



Water



Olive Oil



Basmati Rice



Brown Onion



Red Capsicum



Zucchini



Garlic



Smoked  
Paprika



Diced Tomatoes



Chickpeas



Baby Spinach  
Leaves



Fetta Cheese



Coriander

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2P	4P	Ingredients
1 packet	2 packets	Basmati rice, rinsed well
3 cups	6 cups	water *
2 tbs	4 tbs	olive oil *
1	2	brown onion, finely chopped
1	2	red capsicum, diced into 2 cm cubes
1	2	zucchini, diced into 2 cm cubes
1 clove	2 cloves	garlic, peeled & crushed
½ sachet	1 sachet	smoked paprika (recommended amount)
1 tin	2 tins	diced tomatoes
1 tin	2 tins	chickpeas, drained & rinsed
½ bag	1 bag	baby spinach leaves, washed
1 block	2 blocks	fetta cheese, crumbled
½ bunch	1 bunch	coriander, roughly chopped

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	2900	Kj
Protein	26.1	g
Fat, total	17.1	g
-saturated	5.2	g
Carbohydrate	98.5	g
-sugars	15.9	g
Sodium	371	mg



**You will need:** chef's knife, chopping board, sieve, medium saucepan, large frying pan and wooden spoon.

**1** Place the **Basmati rice** and the **water** in a medium saucepan and bring to the boil over a high heat. Reduce the heat to medium and simmer, uncovered, for **8-10 minutes**, or until the rice is soft. Drain.

**2** Meanwhile, heat the **olive oil** in a large frying pan over a medium-high heat. Add the **brown onion**, **red capsicum** and **zucchini**, and cook, stirring, for **5 minutes**, or until soft. Add the **garlic** and **smoked paprika**, and cook for **1 minute**, or until fragrant. Add the **diced tomatoes** and **chickpeas**, and stir until combined. Reduce the heat to a medium-low and simmer for **5-10 minutes**. Season to taste with **salt** and **pepper**.

**3** Once the sauce has thickened, add the **baby spinach leaves** and cook for **1-2 minutes**, stirring, until they are wilted. Season with salt and pepper.

**4** To serve, divide the Spanish chickpeas and rice between plates. Crumble over the **fetta cheese** and sprinkle with fresh **coriander**. Enjoy!



**Did you know?** Garlic is native to central Asia.