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## Tandoori Mushrooms with Warm Carrot & Chickpea Salad

Tandoori and yoghurt infused field mushrooms are the centrepiece of a sumptuous supper in vibrant orange and green. Roasting the chickpeas and carrots transform their flavour, and retain all the goodness inside to boot. This dish couldn't be simpler, but is jam packed with unique flavour.



Prep: 10 mins

Cook: 35 mins

Total: 45 mins



level 1



high fibre



low kJ

### Pantry Items



Olive Oil



Tandoori Paste



Field Mushroom



Chickpeas



Carrot



Cumin



Baby Spinach



Greek Yoghurt

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2P	4P	Ingredients
1 tbs	2 tbs	tandoori paste
1 tub	2 tubs	Greek yoghurt
4	8	field mushrooms
1 tin	2 tins	chickpeas, rinsed & drained
1	2	carrot, peeled & cut into 2 cm thick rounds
1 tbs	2 tbs	olive oil *
1 tsp	2 tsp	cumin
½ bag	1 bag	baby spinach, washed

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1300	Kj
Protein	18.8	g
Fat, total	13.7	g
-saturated	2.9	g
Carbohydrate	21	g
-sugars	8.7	g
Sodium	384	mg

2a



**You will need:** *chef's knife, chopping board, vegetable peeler, two baking paper lined oven trays, paper towel, two medium bowls, tongs, small bowl.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

**2** Combine the **tandoori paste** and half of the **Greek yoghurt** in a medium bowl. Coat the **field mushrooms** in the tandoori mixture and place cup-side up on one of the lined oven trays.

**3** Place the **chickpeas** on the other lined oven tray and dab with the paper towel to remove as much moisture as possible. Add the **carrot** to the tray and toss the carrot and chickpeas in the **olive oil** and **cumin**. Season with **salt** and **pepper**. Place both trays in the oven and cook for **35 minutes**. Turn the mushrooms over half way through cooking. Place the **baby spinach** in a medium bowl and pour the hot carrot and chickpeas directly over the baby spinach and drizzle with extra olive oil. Toss well.

**4** To serve, divide the tandoori mushrooms between plates and serve with the carrot and chickpea salad. Dollop with the remaining Greek yoghurt.

2b



3a



3b



**Did you know?** Chickpeas are a nutritional powerhouse packed full of essential vitamins and minerals such as iron, zinc, potassium and folate.