



Goat's Cheese Crostini

with Chickpea & Tomato Salad, Charred Courgettes and Zahtar



HELLO ZAHTAR

There is evidence to suggest that zahtar was known and used in Ancient Egypt!



Wholemeal Baguette



Garlic Clove



Olive Oil for the Crostini



Red Onion



Vine Tomato



Zahtar Spice Blend



Courgette



Chickpeas



Flat Leaf Parsley



Red Wine Vinegar



Goat's Cheese



Oil for the Salad

40 mins

Veggie

3.5 of your 5 a day

eat within 4 days

Little Heat

Today's dish is a feast of contrasting flavours and textures. Creamy goat's cheese sits on top of a crunchy garlic-scented crostini and ripe tomatoes mingle with nutty chickpeas. As if that wasn't enough, you'll be finishing everything off with some charred courgette slices and a sprinkling of fragrant zahtar. Enjoy!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Baking Tray, Baking Paper, Large Bowl, Fine Grater** (or **Garlic Press**), **Sieve, Frying Pan** and some **Kitchen Paper**. Now, let's get cooking!



1 BAKE THE CROSTINI

Preheat your oven to 180°C. Cut the **baguette** into 1cm thick slices (2 per person) and place on a lined baking tray. Peel the **garlic** and gently rub the **clove** over the surface of each slice (keep the clove once you've done this). Drizzle on the **olive oil** (amount specified in the ingredient list) and season with **salt** and **black pepper**. Bake on the top shelf of your oven until golden brown, about 10 mins.



4 CHAR THE COURGETTES

Wipe the pan out with some kitchen paper and then return it to high heat (no oil). Once hot, arrange the **courgette** slices in the pan in a single layer. Cook until beginning to blacken slightly, 4 mins on each side.

★ **TIP:** You may need to do this in batches.

Remove from the pan, allow to cool slightly.



2 PREP THE VEGGIES

Peel and quarter the **red onion**. Separate the layers of each quarter and set aside. Chop the **tomato** into wedges and pop in a large bowl. Grate the **garlic** (or use a garlic press) and add it to the **tomato**. Season with **salt** and add half the **zahtar spice blend**. Mix well. Remove the top and bottom from the **courgette** and slice into 1cm rounds. Drain and rinse the **chickpeas** in a sieve. Roughly chop the **parsley leaves** (stalks and all).



5 MELT THE CHEESE

Meanwhile, cut the **goat's cheese** into even slices (four per person). Put two slices of **goat's cheese** on each slice of **crostini** and place on your baking tray. Bake on the top shelf of your oven until the **cheese** starts to melt, 7 mins.



3 COOK THE ONIONS

Put a drizzle of **oil** in a frying pan over medium-high heat. Add the **onion** and cook, stirring occasionally, 3 mins. When it starts to brown, lower the heat to medium, season with **salt** and the **red wine vinegar** and a pinch of **sugar** (if you have some). Let the **red wine vinegar** bubble away until it has almost evaporated, then add a splash of **water**. Cook for 5 mins, then add to the bowl with the **tomato**.



6 FINISH AND SERVE

Mix the **chickpeas** and **parsley** into the **tomato** and stir in the **olive oil** (amount specified in the ingredient list). Spoon a generous amount of the **chickpea salad** onto plates, add a few slices of **courgette** and top with a **goat's cheese crostini**. Finish with a sprinkling of the remaining **zahtar spice blend**. **Enjoy!**

2 PEOPLE INGREDIENTS

Wholemeal Baguette, sliced 1)	1/2
Garlic Clove, grated	1
Olive Oil for the Crostini*	1 tbsp
Red Onion, quartered	1
Vine Tomato, chopped	2
Zahtar Spice Blend 11)	1 tbsp
Courgette, sliced	1
Chickpeas	1 tin
Flat Leaf Parsley, chopped	1 bunch
Red Wine Vinegar 12)	1 tbsp
Goat's Cheese, sliced 7)	1 roll
Olive Oil for the Salad*	1 tbsp

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	556	106
(kJ)	2328	443
Fat (g)	33	6
Sat. Fat (g)	12	2
Carbohydrate (g)	40	8
Sugars (g)	11	2
Protein (g)	22	4
Salt (g)	1.88	0.36

ALLERGENS

1)Gluten 7)Milk 11)Sesame 12)Sulphites

👍 THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

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