



Middle Eastern Chickpea Bowl

with Pickled Onion, Mint-Garlic Dip & Tortilla Chips

Grab your Meal Kit with this symbol



Carrot



Celery



Chickpeas



Mint



Garlic Dip



Red Onion



Chermoula Spice Blend



Garlic & Herb Seasoning



Chopped Tomatoes



Mini Flour Tortillas



Baby Spinach Leaves

Hands-on: **20-30 mins**
Ready in: **25-35 mins**

Calorie Smart

Plant Based

Go big or go home! That was our philosophy with the bold flavours in this veggie sensation. There's chermoula-spiced chickpeas, baby spinach and crispy tortilla chips that are all brought together with a flavourful mint-garlic dip. Go big with us, you'll be glad you did.

Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, Brown Sugar

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

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 stalk	2 stalks
chickpeas	1 tin	2 tins
mint	1 bag	1 bag
garlic dip	1 medium packet	1 large packet
red onion	1 (medium)	1 (large)
white wine vinegar*	¼ cup	½ cup
chermoula spice blend	1 sachet	1 sachet
garlic & herb seasoning	1 sachet	1 sachet
chopped tomatoes	1 tin	2 tins
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2625kJ (627Cal)	394kJ (94Cal)
Protein (g)	20.9g	3.1g
Fat, total (g)	19.5g	2.9g
- saturated (g)	9.6g	1.4g
Carbohydrate (g)	84.5g	12.7g
- sugars (g)	19.8g	3g
Sodium (mg)	1999mg	300mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit hellofresh.co.nz/contact

2021 | CW40



Get prepped

- Preheat oven to **200°C/180°C fan-forced**. Finely chop **carrot** and **celery**. Drain and rinse **chickpeas**. Pick and thinly slice **mint** leaves.
- In a small bowl, combine **mint** and **garlic dip**. Set aside.
- Finely chop **red onion**. In a small bowl, combine **white wine vinegar** and a good pinch of **sugar** and **salt**. Add 1/2 the **onion** to **pickling liquid** with just enough **water** to cover onion. Set aside.



Bake the tortilla chips

- Meanwhile, slice **mini flour tortillas** into quarters.
- Divide **tortillas** between two lined oven trays (don't worry if they overlap). Toss with a drizzle of **olive oil** and season with **salt**.
- Bake tortillas until lightly golden and crispy, **8-10 minutes**.

TIP: Keep an eye on them. You want them crisp, but not burnt!



Cook the chickpeas

- While onion is pickling, heat a large frying pan with a drizzle of **olive oil** over a medium-high heat. Cook **carrot**, **celery** and remaining **onion** 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 **chopped tomatoes**, **plant-based butter** and **brown sugar**. Simmer until slightly thickened, **4-5 minutes**.



Serve up

- Stir **baby spinach leaves** through chickpeas and lightly mash with a fork. Season to taste.
- Drain pickled onion.
- Divide Middle Eastern chickpeas between bowls. Top with pickled onion.
- Serve with tortilla chips and mint-garlic dip.

Enjoy!