



Middle Eastern Chickpea Stew & Toasted Freekeh

with Roasted Veggies & Garlic Yoghurt

Grab your Meal Kit
with this symbol



Freekeh



Vegetable Stock



Carrot



Cauliflower



Garlic



Brown Onion



Chickpeas



Parsley



Pine Nuts



Greek Yoghurt



Chermoula

Spice Blend



Diced Tomatoes with
Garlic & Olive Oil



Light Cooking
Cream



Baby Spinach
Leaves

Pantry items

Olive Oil

Hands-on: 35-45 mins
Ready in: 40-50 mins

We're taking chickpea stew to the next level by adding roasted veggies, toasted pine nuts and garlic yoghurt. Served on a bed of freekeh, an ancient grain that adds a toasted, nutty flavour and great texture, this is a substantial dinner packed with good stuff!

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 saucepan · Oven tray lined with baking paper
· Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekh	1 packet	2 packets
water*	3½ cups	7 cups
vegetable stock	2 cubes	4 cubes
carrot	1	2
cauliflower	1 portion (200g)	1 portion (400g)
garlic	2 cloves	4 cloves
brown onion	1	2
chickpeas	½ tin	1 tin
parsley	1 bag	1 bag
pine nuts	1 packet	2 packets
Greek yoghurt	1 packet (100g)	1 packet (200g)
chermoula spice blend	1 sachet	2 sachets
diced tomatoes with garlic & olive oil	1 box (400g)	2 boxes (800g)
light cooking cream	1 packet (150ml)	2 packets (300ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)

*Pantry items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2760kJ (659Cal)	372kJ (89Cal)
Protein (g)	23.7g	3.2g
Fat, total (g)	28.8g	3.9g
- saturated (g)	13.3g	1.8g
Carbohydrate (g)	70.4g	9.5g
- sugars (g)	32.6g	4.4g
Sodium (g)	2270mg	307mg

Allergens

Please visit HelloFresh.com.au/foodinfo for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information



1. Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. Rinse the **freekh**. In a large saucepan, heat a **drizzle of olive oil** over medium-high heat. Add the **freekh** and toast, tossing, until fragrant, **2 minutes**. Add the **water** and the crumbled **vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil, then reduce to a simmer and cook until tender, **30-35 minutes**.

TIP: The freekeh is ready when it has softened but still retains some bite.



2. Roast the veggies

While the freekeh is cooking, cut the **carrot** (unpeeled) into 2cm chunks. Cut the **cauliflower** into small florets. Place the **carrot** and **cauliflower** on an oven tray lined with baking paper. **Drizzle with olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so it cooks in the allocated time!



3. Get prepped

While the vegetables are roasting, finely chop the **garlic** (or use a garlic press). Thinly slice the **brown onion**. Drain and rinse the **chickpeas** (see ingredients list). Roughly chop the **parsley**. Heat a large frying pan over a medium-high heat. Add the **pine nuts** and toast, tossing, until golden, **2-3 minutes**. Transfer to a small bowl and set aside.



4. Make the garlic yoghurt

Return the frying pan to a medium-high heat. Add **olive oil (2 tsp for 2 people / 1 tbs for 4 people)** and the **garlic** and cook until fragrant, **1 minute**. Transfer to a small bowl and set aside to cool for **5 minutes**. Add the **Greek yoghurt** and whisk to combine. Season to taste with **salt** and **pepper**.



5. Make the stew

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **3-4 minutes**. Add the **chermoula spice blend** and cook until fragrant, **1 minute**. Add the **chickpeas, diced tomatoes with garlic & olive oil, light cooking cream** and crumble in the **remaining vegetable stock (1 cube for 2 people / 2 cubes for 4 people)**. Bring to the boil and cook until thickened, **5-6 minutes**. Stir through the **baby spinach leaves** and **roasted vegetables**.



6. Serve up

Divide the freekeh between bowls. Top with the Middle Eastern chickpea stew, garlic yoghurt and toasted pine nuts. Garnish with the parsley.

Enjoy!