



Middle Eastern Smashed Chickpea Spuds

with Garden Salad & Garlic Yoghurt

Grab your Meal Kit with this symbol



Potato



Garlic



Tomato



Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Tomato Paste



Vegetable Stock Powder



Mixed Salad Leaves



Cheddar Cheese



Flaked Almonds



Beef Mince

Prep in: 20-30 mins
Ready in: 30-40 mins

Calorie Smart*
*Custom Recipe is not Calorie Smart

For the chickpea lover in all of us, dive into this tasty number with some serious dinner-time staples. These loaded jacket potatoes are taken to the next level with a drizzle of yoghurt and when paired with a bright garden salad, you'll be smiling from ear to ear.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter, White Wine Vinegar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
potato	2	4
garlic	3 cloves	6 cloves
tomato	1	2
chickpeas	1 packet	2 packets
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	2 medium sachets OR 1 large sachet
tomato paste	1 packet	2 packets
water*	½ cup	¾ cup
brown sugar*	1 tsp	2 tsp
butter*	20g	40g
vegetable stock powder	1 medium sachet	1 large sachet
mixed salad leaves	1 medium bag	1 large bag
white wine vinegar*	drizzle	drizzle
Cheddar cheese	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
beef mince**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2419kJ (578Cal)	410kJ (98Cal)
Protein (g)	26.2g	4.4g
Fat, total (g)	24.9g	4.2g
- saturated (g)	12g	2g
Carbohydrate (g)	55.2g	9.4g
- sugars (g)	15.4g	2.6g
Sodium (mg)	1349mg	229mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3363kJ (804Cal)	471kJ (113Cal)
Protein (g)	53.7g	7.5g
Fat, total (g)	37.7g	5.3g
- saturated (g)	17.6g	2.5g
Carbohydrate (g)	55.2g	7.7g
- sugars (g)	15.4g	2.2g
Sodium (mg)	1425mg	199mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1



Bake the potatoes

- Preheat oven to **200°C/180°C fan-forced**.
- Cut **potato** in half. Place **potato** on a lined oven tray.
- Drizzle with **olive oil**, season with **salt** and toss to coat.
- Arrange cut-side down and roast, until crisp and tender, **40-45 minutes**.

4



Cook the filling

- When the potatoes have **5 minutes** remaining, return large frying pan to medium-high heat with a drizzle of **olive oil**.
- Cook **chickpeas**, **chermoula spice blend**, **tomato paste** and remaining **garlic**, until fragrant, **1-2 minutes**.
- Stir in the **water**, the **brown sugar**, the **butter** and **vegetable stock powder**, until slightly reduced, **1-2 minutes**. Lightly crush with a fork. Season to taste.

Custom Recipe: Return frying pan as above. Before cooking the chickpeas, cook beef mince, breaking up with a spoon, until just browned, 3-4 minutes. Continue as above.

2



Get prepped

- Meanwhile, finely chop **garlic**.
- Roughly chop **tomato**.
- Drain and rinse **chickpeas**.

Custom Recipe: If you've added beef mince, only drain and rinse half the chickpeas.

5



Toss the salad

- Just before serving, in a large bowl, combine **mixed salad leaves**, **tomato** and a drizzle of the **white wine vinegar** and **olive oil**. Season.

3



Make the garlic yoghurt

- In a large frying pan, heat a drizzle of **olive oil** and half the **garlic** over medium-high heat. Cook, until fragrant, **1 minute**. Transfer to a small heatproof bowl.
- Add **Greek-style yoghurt** to garlic oil mixture and combine. Season to taste.

6



Serve up

- Divide jacket potatoes and garden salad between plates.
- Top potatoes with Middle Eastern smashed chickpeas, **Cheddar cheese** and garlic yoghurt.
- Sprinkle over **flaked almonds** to serve. Enjoy!

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