Trendy Manti-Inspired Chickpea Pasta

with Kumato Salsa & Goat Cheese

UNIQUE VEGGIE

Grab your meal kit with this number **43**

- Orecchiette
- Kumato
- Cucumber
- Parsley
- Roasted Almonds
- Garlic
- Lemon
- Chickpeas
- Greek-Style Yoghurt
- Tomato Paste
- Paprika Spice Blend
- Marinated Goat Cheese

Beef Mince

Plant-Based Mince

Prep in: 15-25 mins
Ready in: 25-35 mins

Eat Me First

We've teamed up with Perfection Fresh, to bring you some superstar ingredients to level up your next meal. These super sweet, yet super versatile tomato variety carries the perfect sweetness ratio to level up any dish. When paired with paprika chickpeas and pasta, this Kumato salsa number will have you savouring each and every bite. Compliments to the Kumato we say!

Before you start

All ingredients are portioned according to plan size.
Wash hands and fresh veggies.
Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

You will need

Large saucepan · Large frying pan

Ingredients

	2P	3P	4P	5P	6P
olive oil*	refer to method				
orecchiette (packet(s))	1	1	1	2	2
reserved pasta water* *(cup(s))*	⅓	⅔	⅔	1	1
Kumato	2	3	4	5	6
cucumber	1	2	2	3	3
parsley (packet(s))	1	1	1	2	2
roasted almonds (packet(s))	1	1	1	2	2
garlic (clove(s))	2	3	4	5	6
lemon	½	1	1	1½	1½
chickpeas (packet(s))	1	2	2	3	3
Greek-style yoghurt (packet(s))	1	2	2	3	3
butter* *(grams)*	20g	40g	40g	60g	60g
tomato paste (packet(s))	1	1	1	2	2
paprika spice blend (sachet(s))	1	2	2	3	3
marinated goat cheese (packet(s))	1	1	2	2	3

****Pantry Items***

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4050kJ (967Cal)	718kJ (172Cal)
Protein (g)	38.7g	6.9g
Fat, total (g)	42.7g	7.6g
- saturated (g)	17.4g	3.1g
Carbohydrate (g)	99.2g	17.6g
- sugars (g)	16.5g	2.9g
Sodium (mg)	1060mg	188mg
Dietary Fibre (g)	20.6g	3.7g

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** for allergen and ingredient information.
If you have received a substitute ingredient, please be aware allergens may have changed.

In collaboration with

Perfection Fresh® kumato®

Kumato® tomatoes offer a rich, evolving flavour making them versatile for salads, roasting, sauces, and cooking.

We're here to help!

Scan here if you have any questions or concerns

1

Cook the pasta

- Half-fill a large saucepan with water, add a generous pinch of **salt**, then bring to the boil over high heat.
- Cook **orecchiette** in boiling water until 'al dente', **11 minutes**.
- Reserve some **pasta water (see ingredients)**. Drain **orecchiette**, then return to saucepan with a drizzle of **olive oil**.

2

Get prepped

- Meanwhile, roughly chop **Kumato**, **cucumber**, **parsley** and **roasted almonds**.
- Finely chop **garlic**.
- Slice **lemon** into wedges.
- Drain and rinse **chickpeas**.

3

Make the Kumato salsa

- In a medium bowl, combine **Kumato**, **cucumber**, **parsley**, a drizzle of **olive oil** and a good squeeze of **lemon juice**. Season to taste with **salt** and **pepper**.

4

Make the garlic yoghurt

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

5

Cook the chickpeas

- Return frying pan to medium-high heat with the **butter** and a drizzle of **olive oil**.
- Cook **chickpeas** until slightly browned, **2-3 minutes**.
- Add **tomato paste** and **paprika spice blend** and cook until fragrant, **1 minute**.
- Stir in the **reserved pasta water** until combined, **1 minute**. Season to taste.

6

Finish & serve

- Divide orecchiette between bowls.
- Top with garlic yoghurt, then spoon over paprika chickpeas.
- Sprinkle over Kumato salsa and crumble over **marinated goat cheese**.
- Drizzle over some goat cheese oil and garnish with almonds.
- Toss the pasta to combine just before consuming. Serve with any remaining lemon wedges. Enjoy!

CUSTOM OPTIONS

BEEF MINCE:
Cook with chickpeas, breaking up with a spoon, until browned, 3-4 minutes. Continue with recipe.

PLANT-BASED MINCE:
Cook with chickpeas, breaking up with a spoon, until just browned, 4-5 minutes. Continue with recipe.

SCAN CODE FOR FULL STEPS AND NUTRITION INFO