

QUICK VEGGIE LOADED JACKET POTATOES

with Spiced Chickpeas & Yoghurt



This one goes out to all the haters who said that jacket potatoes were too slow to cook on a weeknight. Bah humbug to

that! We're about to show you the one weird trick that will put this classic dish back on the menu on a busy weeknight.



Cook speedy jacket potatoes



















Chickpeas

Mediterranean Spice



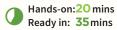


Mixed Salad Leaves

Tomato Paste



Pantry Staples: Olive Oil, Vinegar (White Wine Or Balsamic)







START

Our fruit and veggies need a little wash before you use them!! You will need: chef's knife, chopping board, fork, microwave safe plate, tongs, oven tray lined with baking paper, fine grater, sieve, box grater, medium frying pan, wooden spoon and a large bowl



Technical Techn



Place the **potato** halves, cut side down, on a plate and microwave on high for **10 minutes**. Carefully remove and transfer the potatoes to an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **pinch** of **salt** and **pepper**. Place on the top rung of the oven and cook for **10-15 minutes**, or until tender. * TIP: If you don't have a microwave, cook the potato halves in the oven for 30 minutes, or until tender.



While the potatoes are cooking, finely chop the **brown onion**. Dice the **zucchini**. Peel and finely grate the **garlic**. Drain and rinse the **chickpeas**. Grate the **carrot** (unpeeled).



4 COOK THE SPICED CHICKPEAS
Heat a drizzle of olive oil in a medium
frying pan over a medium heat. Add the
brown onion and zucchini and cook for
5 minutes, or until softened. Add the garlic
and the Mediterranean spice blend and stir
through for 1 minute, or until fragrant. Add
the chickpeas, tomato paste, water (check
ingredients list for the amount) and salt
(check ingredients list for the amount)
and simmer for 5 minutes, or until the water
has evaporated.



MAKE THE SALAD
While the chickpeas are cooking, combine the vinegar and olive oil (2 tsp for 2 people / 1 tbs for 4 people) in a large bowl. Add the carrot, mixed salad leaves and walnuts and season with a pinch of salt and pepper. Toss to combine.

*TIP: Dress the salad just before serving to avoid soggy leaves.



SERVE UPDivide the quick jacket potatoes between plates and top with the spiced chickpeas and a dollop of **Greek yoghurt**. Serve the salad on the side.

ENJOY!

2 4 PEOPLE

INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
potato	400 g	800 g
brown onion	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
chickpeas	1 tin (400 g)	2 tins (800 g)
carrot	1	2
Mediterranean spice blend	1 sachet (3 tsp)	2 sachets (1½ tbs)
tomato paste	1 sachet (50 g)	2 sachets (100 g)
water*	½ cup	1 cup
salt*	½ tsp	1 tsp
vinegar* (white wine or balsamic)	1 tsp	2 tsp
mixed salad leaves	1 bag	1 bag
walnuts	1 packet	2 packets
Greek yoghurt	1 tub (100 g)	1 tub (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2170kJ (518Cal)	248kJ (59Cal)
Protein (g)	23.0g	2.6g
Fat, total (g)	13.5g	1.5g
- saturated (g)	2.5g	0.3g
Carbohydrate (g)	66.7g	7.6g
- sugars (g)	18.6g	2.1g
Sodium (g)	670mg	77mg

For allergens and ingredient information, visit **HelloFresh.com.au/foodinfo**

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722
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