



# Middle Eastern Chicken & Chickpea Soup

with Zucchini & Fetta

Grab your Meal Kit with this symbol



Chickpeas



Tomato



Baby Spinach Leaves



Zucchini



Chicken Breast



Tomato Paste



Chermoula Spice Blend



Chicken Stock Pot



Fetta Cubes



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



Naturally gluten-free  
*Not suitable for Coeliacs*



Eat me early



Carb Smart

We're taking chickpea stew to the next level by adding tasty chicken, lots of greens, and creamy fetta. Sip slowly and enjoy this substantial dinner that's low carb and packed with good stuff!

## Pantry items

Olive Oil, 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

Medium saucepan · Large frying pan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
chickpeas	½ tin	1 tin
tomato	1	2
baby spinach leaves	1 bag (30g)	1 bag (60g)
zucchini	1	2
chicken breast	1 small packet	1 large packet
tomato paste	1 sachet	2 sachets
chermoula spice blend	1 sachet	2 sachets
water*	2 cups	4 cups
chicken stock pot	1 tub (20g)	1 tub (40g)
brown sugar*	1 tsp	2 tsp
fetta cubes	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1935kJ (462Cal)	391kJ (93Cal)
Protein (g)	41.4g	8.4g
Fat, total (g)	21.8g	4.4g
- saturated (g)	7g	1.4g
Carbohydrate (g)	23.1g	4.7g
- sugars (g)	10.3g	2.1g
Sodium (mg)	1846mg	373mg
Dietary Fibre (g)	8.4g	1.7g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



## Get prepped

Drain the **chickpeas** (see ingredients). Roughly chop the **tomato**. Roughly chop the **baby spinach leaves**. Thinly slice the **zucchini** into rounds. Place your hand flat on top of each **chicken breast** and use a sharp knife to slice through horizontally to make two thin steaks.



## Shred the chicken

Shred the **chicken** using two forks.

**TIP:** Slice the chicken if you prefer.



## Cook the soup

Heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Add the **tomato paste**, **chermoula spice blend** and **chickpeas** and cook, stirring, until fragrant, **1 minute**. Add the **tomato**, **chicken breast**, **water** and **chicken stock pot** and **brown sugar**. Season with **salt** and **pepper**. Bring to a simmer and cook until the chicken is cooked through, **10-14 minutes**. Using tongs, remove the **chicken** from the saucepan and set aside on a chopping board.



## Bring it together

Return the **chicken** to the saucepan and simmer over a medium-high heat until the soup thickens slightly, **1-2 minutes**. Stir in the **spinach** and season to taste.



## Cook the zucchini

While the soup is cooking, heat a large frying pan over a high heat with a drizzle of **olive oil**. Add the **zucchini** and a pinch of **salt** and **pepper** and cook, tossing occasionally, until golden brown, **3-4 minutes**. Set aside.



## Serve up

Divide the Middle Eastern shredded chicken and chickpea soup between bowls. Top with the zucchini. Crumble over the **fetta cubes**.

Enjoy!