



# Middle Eastern-Style Chickpeas

with Coconut-Mint Yoghurt & Tortilla Chips

Grab your Meal Kit with this symbol



Carrot



Celery



Red Onion



Chickpeas



Mint



Plant-Based Coconut Yoghurt



Chermoula Spice Blend



Garlic & Herb Seasoning



Diced Tomatoes With Garlic & Onion



Mini Flour Tortillas



Baby Spinach Leaves

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

Plant based

When you simmer hearty chickpeas with subtly sweet veggies, garlicky tomatoes and our chermoula spice blend, the result is pretty magical. Serve with a quick pickled onion for a touch of tang, a coconut-mint yoghurt for creaminess, and of course oven-baked tortilla chips for crunch, and scooping!

## Pantry items

Olive Oil, White Wine Vinegar, Plant-Based Butter, 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

Large frying pan · Two oven trays lined with baking paper

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
celery	1 stalk	2 stalks
red onion	1	2
chickpeas	1 tin	2 tins
mint	1 bag	1 bag
plant-based coconut yoghurt	1 medium packet	1 large packet
white wine vinegar*	¼ cup	½ cup
chermoula spice blend	1 sachet	2 sachets
garlic & herb seasoning	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
mini flour tortillas	6	12
baby spinach leaves	1 small bag	1 medium bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2872kJ (686Cal)	395kJ (94Cal)
Protein (g)	22.6g	3.1g
Fat, total (g)	21.3g	2.9g
- saturated (g)	6.5g	0.9g
Carbohydrate (g)	90g	12.4g
- sugars (g)	27.2g	3.7g
Sodium (mg)	2192mg	301mg

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.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

2022 | CW09



## Get prepped

- Preheat oven to **200°C/180°C fan-forced**.
- Finely chop **carrot** and **celery**. Thinly slice **red onion**. Drain and rinse **chickpeas**. Pick and thinly slice **mint** leaves.
- In a small bowl, combine **mint** leaves and **plant-based coconut yoghurt**. Set aside.
- In a second small bowl, combine **white wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch 1/2 the sliced **onion** in your hands, then add to **pickling liquid**. Add enough **water** to just cover the onion. Set aside.



## Bring it all together

- While chickpeas are simmering, slice **mini flour tortillas** into quarters.
- Divide between two lined oven trays (don't worry if they overlap). Drizzle with **olive oil**, season with **salt** and toss to coat.
- Bake until lightly golden and crispy, **8-10 minutes**.
- To pan with **chickpeas**, stir through the **baby spinach leaves**. Lightly mash **chickpeas**. Remove from heat. Season to taste.



## Start the chickpeas

- In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook **carrot**, **celery** and remaining **onion** until tender, **5-6 minutes**.
- Add **chickpeas**, **chermoula spice blend** and **garlic & herb seasoning** and cook until fragrant, **2 minutes**.
- Reduce heat to medium, then add **diced tomatoes with garlic & onion**, **plant-based butter** and **brown sugar**. Simmer until slightly thickened, **4-5 minutes**.



## Serve up

- Drain pickled onion. Divide Middle Eastern chickpeas between bowls. Top with pickled onion and a dollop of mint yoghurt.
- Serve with tortilla chips.

## Enjoy!

## Rate your recipe

Scan here to rate this recipe!

