



# Spiced Tomato Chickpea Bowl

with Roast Veg, Snow Pea Slaw & Almonds

Grab your Meal Kit with this symbol



Potato



Carrot



Garlic & Herb Seasoning



Chickpeas



Passata



Aussie Spice Blend



Snow Peas



Chives



Deluxe Slaw Mix



Plant-Based Mayonnaise



Flaked Almonds

Hands-on: 20-30 mins

Ready in: 30-40 mins

Naturally Gluten-Free

*Not suitable for coeliacs*

Plant based

From the rich, mildly-spiced tomato sauce for the chickpeas to the sweet snow pea and chive-studded slaw, there's a lot to love in this plant-based dish. That's right, even the mayo is plant-based.

### Pantry items

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



## Before you start

Remember to wash your hands for 20 seconds before you get cooking.

**NOTE:** You'll also need to give your fruit and veggies a wash.

## 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
carrot	1	2
garlic & herb seasoning	1 sachet	2 sachets
chickpeas	1 tin	2 tins
passata	1 box	2 boxes
Aussie spice blend	1 sachet	2 sachets
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water*	¼ cup	½ cup
snow peas	1 small bag	1 medium bag
chives	1 bag	1 bag
deluxe slaw mix	1 medium bag	1 large bag
plant-based mayonnaise	1 medium packet	1 large packet
white wine vinegar*	drizzle	drizzle
flaked almonds	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2822kJ (674Cal)	406kJ (97Cal)
Protein (g)	20.5g	2.9g
Fat, total (g)	30.1g	4.3g
- saturated (g)	3.5g	0.5g
Carbohydrate (g)	71.6g	10.3g
- sugars (g)	21.9g	10.3g
Sodium (mg)	1359mg	195mg

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.



## Prep the veggies

Preheat the oven to **240°C/220°C fan-forced**. Cut the **potato** and **carrot** into bite-sized chunks.



## Prep the slaw

While the chickpeas are cooking, trim and thinly slice the **snow peas** lengthways. Finely chop the **chives**.



## Roast the veggies

Place the **potato** and **carrot** on a lined oven tray. Drizzle with **olive oil**, sprinkle with the **garlic & herb seasoning** and season with **salt**. Roast until tender, **20-25 minutes**.

**TIP:** If your oven tray is crowded, divide the veggies between two trays.



## Toss the slaw

In a medium bowl, combine the **snow peas**, **deluxe slaw mix**, **plant-based mayonnaise** and a drizzle of **olive oil** and **white wine vinegar**. Add 1/2 the **chives**, then toss to coat. Season to taste.



## Cook the chickpeas

When the veggies have **10 minutes** remaining, drain and rinse the **chickpeas**. In a large frying pan, heat a drizzle of **olive oil** over a high heat. Cook the **chickpeas**, stirring, until slightly golden, **3-4 minutes**. Reduce the heat to medium, then stir in the **passata**, **Aussie spice blend**, **plant-based butter**, **brown sugar** and the **water**. Simmer until thickened, **3-4 minutes**. Season to taste.



## Serve up

Divide the spiced tomato chickpeas, roast veg and snow pea slaw between bowls. Sprinkle with the **flaked almonds** and remaining chives to serve.

Enjoy!

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