



# Braised Chickpea Bowl

with Feta and Lemon-Garlic Tzoumi

Veggie

30 Minutes



Chickpeas



Freekeh



Indian Spice Mix



Onion, chopped



Garlic



Sweet Bell Pepper



Feta Cheese



Vegetable Broth Concentrate



Tomato Sauce



Baby Spinach



Lemon



Mayonnaise

## HELLO CHICKPEAS

Hearty and flavourful, chickpeas are perfect for keeping you full longer

## Start here

Before starting, wash and dry all produce.

### Garlic Guide for Step 4 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust Out

Measuring spoons, strainer, zester, medium pot, small bowl, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Freekeh	¾ cup	1 ½ cup
Indian Spice Mix	1 tbsp	2 tbsp
Onion, chopped	56 g	113 g
Garlic	6 g	12 g
Sweet Bell Pepper	160 g	320 g
Feta Cheese	100 g	200 g
Vegetable Broth Concentrate	2	4
Tomato Sauce	2 tbsp	4 tbsp
Baby Spinach	113 g	227 g
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

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## Cook freekeh

Combine **freekeh**, **1 broth concentrate** (2 for 4 ppl) and **1 ¼ cups water** (dbl for 4 ppl) in a medium pot. Cover and bring to a boil over high heat, then reduce heat to low. Simmer, still covered, until **freekeh** is tender and **liquid** is absorbed, 22-25 min.



## Make lemon-garlic toum

While the **chickpeas** braise, mix the **mayo**, **lemon zest**, **1 tbsp lemon juice** (dbl for 4 ppl) and **¼ tsp garlic** together in a small bowl. (NOTE: Reference Garlic Guide.) Season with **salt** and **pepper**. Set aside.



## Prep

While the **freekeh** cooks, cut the **pepper** into ½-inch cubes. Roughly chop the **spinach**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Peel, then mince or grate the **garlic**. Drain and rinse the **chickpeas**.



## Finish and serve

Stir the **spinach** into the **chickpea braise**, until wilted, 1-2 min. Season the **freekeh** with **salt**. Divide the **freekeh** between bowls and top with the **chickpea braise**. Crumble over the **feta**. Drizzle the **lemon-garlic toum** over top.

## Dinner Solved!



## Braise chickpeas

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **onions** and **peppers**. Cook, until **veggies** soften, 3-4 min. Add the **chickpeas**, **Indian Spice Mix**, **remaining broth concentrate**, **tomato sauce**, **1 cup water** (dbl for 4 ppl) and **half the garlic**. Simmer, until slightly reduced, 6-7 min. Remove from heat. Season with **salt** and **pepper**.