




Savoury Braised Chickpeas

with Feta and Lemon-Garlic Tzatziki

Veggie

30 Minutes



-  Chickpeas
-  Bulgur Wheat
-  Indian Spice Mix
-  Onion, chopped
-  Garlic
-  Sweet Bell Pepper
-  Feta Cheese
-  Vegetable Broth Concentrate
-  Tomato Sauce
-  Baby Spinach
-  Lemon
-  Mayonnaise
-  Zucchini
-  Curry Powder

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
- Extra: 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
Bulgur Wheat	½ cup	1 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
Zucchini	200 g	400 g
Curry Powder	1 tsp	2 tsp
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 bulgur

Add **½ cup water, broth concentrate** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Add **bulgur**, then remove from heat. Cover and let stand, until tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.



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**.



Prep

While the **bulgur** cooks, core, then cut the **pepper** into ½-inch pieces. Halve the **zucchini** lengthwise, then cut into ¼-inch half-moons. 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 **bulgur** with **salt**. Divide the **bulgur** between bowls and top with the **chickpea braise**. Crumble over the **feta**. Dollop the **lemon-garlic toum** over top.

Dinner Solved!



Braise veggies and chickpeas

Heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then the **onions, zucchini and peppers**. Cook, until **veggies** soften, 3-4 min. Add the **chickpeas, Indian Spice Mix, curry powder, 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**.