

Savoury Braised Chickpeas

with Feta and Lemon-Garlic Tzoumi

Veggie 30 Minutes



Chickpeas



Bulgur Wheat



Indian Spice Mix



Yellow Onion



Garlic, cloves



Sweet Bell Pepper



Feta Cheese



Vegetable Broth Concentrate



Tomato Sauce Base



Baby Spinach



Lemon



Mayonnaise



Carrot



Mild Curry Paste

HELLO CHICKPEAS

Hearty and flavourful, chickpeas are packed with fibre that keeps you feeling full for 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

Vegetable peeler, 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
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
Feta Cheese	100 g	200 g
Vegetable Broth Concentrate	2	4
Tomato Sauce Base	2 tbsp	4 tbsp
Baby Spinach	113 g	227 g
Lemon	1	1
Mayonnaise	2 tbsp	4 tbsp
Carrot	170 g	340 g
Mild Curry Paste	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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**, **1 package broth concentrate** and **½ tsp salt** (dbl all for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Add **bulgur**. Stir to combine, then remove the pot from heat. Let stand, still covered, until **bulgur** is tender and **liquid** is absorbed, 15-16 min. Fluff with a fork.



Make lemon-garlic toum

While **chickpeas** braise, mix **mayo**, **lemon zest**, **½ tbsp lemon juice** (dbl for 4 ppl), **¼ tsp garlic**, **salt** and **pepper** together in a small bowl. (NOTE: Reference garlic guide.)



Prep

While the **bulgur** cooks, core, then cut **pepper** into ½-inch pieces. Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl). Roughly chop **spinach**. Zest, then juice **half the lemon** (whole lemon for 4 ppl). Peel, then mince or grate **garlic**. Drain, then rinse **chickpeas**.



Finish and serve

Stir **spinach** into **braised chickpeas** until wilted, 1-2 min. Season **bulgur** with **salt**. Divide **bulgur** between bowls and top with **braised chickpeas**. Crumble **feta** over **chickpeas**. Dollop **lemon-garlic toum** on top.



Braise veggies and chickpeas

Heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**, **carrots** and **peppers**. Cook until **veggies** soften, 3-4 min. Reduce heat to medium. Add **chickpeas**, **Indian Spice Mix**, **mild curry paste**, **tomato sauce base**, **¾ cup water**, **remaining broth concentrate** and **half the garlic**. Simmer until slightly reduced, 6-7 min. Remove the pan from heat. Season with **salt** and **pepper**.

Dinner Solved!