

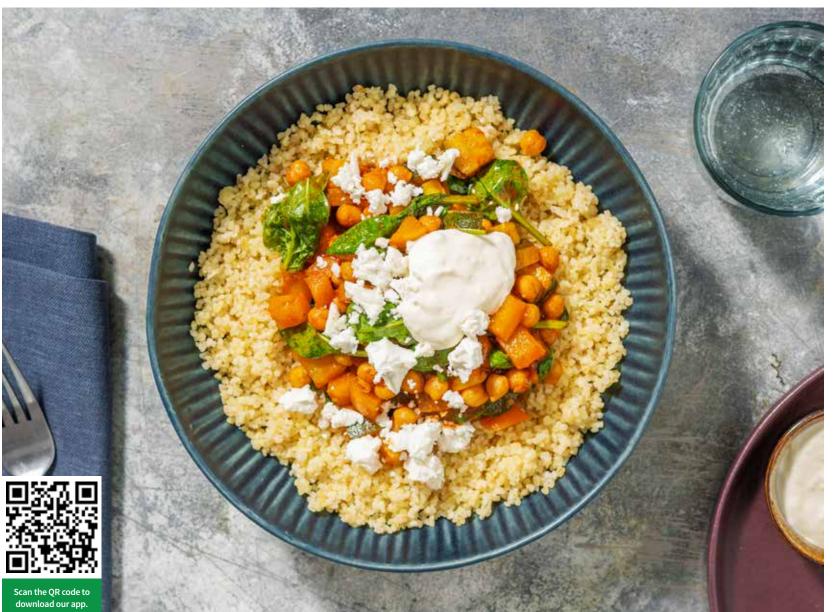
# Savoury Braised Chickpeas

with Feta and Garlic Toum

Veggie

Spicy

30 Minutes













Yellow Onion



Sweet Bell Pepper



Feta Cheese, block

Garlic, cloves



Vegetable Broth Concentrate



**Tomato Sauce Base** 



**Baby Spinach** 



Mayonnaise



Zucchini



**Spicy Curry Paste** 

## Start here

Before starting, wash and dry all produce.

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

- Mild: 1/4 tsp
- Medium: ½ tsp
- Extra: 1 tsp

#### **Bust out**

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

# **Inaredients**

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Bulgur Wheat	½ cup	1 cup
Yellow Onion	56 g	113 g
Garlic, cloves	2	4
Sweet Bell Pepper	160 g	320 g
Feta Cheese, block	100 g	200 g
Vegetable Broth Concentrate	2	4
Tomato Sauce Base	2 tbsp	4 tbsp
Baby Spinach	56 g	113 g
Mayonnaise	2 tbsp	4 tbsp
Zucchini	200 g	400 g
Spicy Curry Paste	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

<sup>\*</sup> 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.



## Cook bulgur

- Add ½ cup water, ½ tsp salt (dbl both for 4 ppl) and half the broth concentrate to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add bulgur. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and **liquid** is absorbed, 15-16 min.
- Season with salt, then fluff with a fork.



### Prep

- Meanwhile, core, then cut pepper into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Peel, then cut half the onion into 1/4-inch pieces (whole onion for 4 ppl).
- Roughly chop spinach.
- Peel, then mince or grate garlic.
- Drain, then rinse chickpeas.



# Braise veggies and chickpeas

- · Heat a large non-stick pan over mediumhigh heat.
- When hot, add 1 tbsp oil (dbl for 4 ppl), then onions, zucchini and peppers. Cook, stirring occasionally, until veggies soften, 3-4 min.
- Reduce heat to medium. Add chickpeas, curry paste, tomato sauce base, 3/4 cup water (dbl for 4 ppl), remaining broth concentrate and half the garlic.
- · Simmer, stirring occasionally, until liquid reduces slightly, 6-7 min.
- Remove the pan from heat.
- Season with salt and pepper, to taste.



# Make garlic toum

- Meanwhile, add mayo, ½ tbsp water (dbl for 4 ppl) and 1/4 tsp garlic to a small bowl. (NOTE: Reference garlic guide.)
- Season with salt and pepper, then stir to combine.



### Finish and serve

- Add spinach to the pan with braised chickpeas. Stir until wilted, 1-2 min.
- Divide **bulgur** between bowls, then top with braised chickpeas.
- Crumble feta over chickpeas. Dollop garlic toum on top.

#### Contact

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# **Dinner Solved!**