

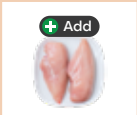


# Savoury Braised Chickpeas

## with Feta and Yogurt Sauce

Veggie

20 Minutes



Chicken Breast  
Tenders\*  
310 g | 620 g

Customized Protein **+ Add** **↻ Swap** or **\*2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chickpeas  
1 | 2



Bulgur Wheat  
½ cup | 1 cup



Yellow Onion  
½ | 1



Garlic, cloves  
2 | 4



Sweet Bell  
Pepper  
1 | 2



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



Yogurt Sauce  
3 tbsp | 6 tbsp



Zucchini  
1 | 2



Curry Paste  
2 tbsp | 4 tbsp

**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.

Pantry items | Oil, salt, pepper

Cooking utensils | Measuring spoons, strainer, medium pot, measuring cups, large non-stick pan

1



### Cook bulgur

• Before starting, wash and dry all produce.

- Add  $\frac{3}{4}$  cup (1 cup) **water**,  $\frac{1}{2}$  tsp (1 tsp) **salt** 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.

2



### Prep

- Meanwhile, core, then cut **pepper** into  $\frac{1}{2}$ -inch pieces.
- Cut **zucchini** into  $\frac{1}{2}$ -inch pieces.
- Peel, then cut **half the onion** into  $\frac{1}{4}$ -inch pieces (whole onion for 4 ppl).
- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Drain, then rinse **chickpeas**.

3



### Braise veggies and chickpeas

+ Add | Chicken Breast Tenders

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, 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,  $\frac{3}{4}$  cup** (1  $\frac{1}{2}$  cups) **water, remaining broth concentrate** and **garlic**.
- Simmer, stirring occasionally, until **liquid** reduces slightly, 6-7 min.
- Remove the pan from heat.
- Season with **salt** and **pepper**.

4



### Finish and serve

+ Add | Chicken Breast Tenders

- 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 **yogurt sauce** on top.

Measurements  
within steps

**1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

### 3 | Cook chicken

+ Add | Chicken Breast Tenders

If you've opted to get **chicken tenders**, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add  $\frac{1}{2}$  **tbsp** (1 **tbsp**) **oil**, then **chicken tenders**. Sear until **chicken tenders** are golden-brown and cooked through, 3-4 min per side.\*\*

### 4 | Finish and serve

Top final plates with **chicken**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.