

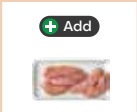


Savoury Braised Chickpeas

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](https://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

+ Add | Chicken Breast Tenders

Top final bowls 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.