



# Savoury Braised Chickpeas

## with Feta and Lemon-Garlic Tzoumi

Veggie

30 Minutes



### CUSTOM RECIPE

This is a Custom Recipe. If you chose to add protein, simply follow the instructions on the back of this card and you're set. Happy cooking!



Chickpeas



Bulgur Wheat



Yellow Onion



Sweet Bell Pepper



Vegetable Broth Concentrate



Baby Spinach



Mayonnaise



Mild Curry Paste



Shrimp



Indian Spice Mix



Garlic, cloves



Feta Cheese, block



Tomato Sauce Base



Lemon



Carrot

### 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
- Extra: 1 tsp
- Medium: ½ 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
Shrimp	285 g	570 g
Bulgur Wheat	½ cup	1 cup
Indian Spice Mix	½ tbsp	1 tbsp
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
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

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

## 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.*

## Contact

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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. 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. Fluff with a fork.



## Make lemon-garlic toum

While **chickpeas** braise, add **mayo**, **lemon zest**, **½ tbsp lemon juice** (dbl for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, then stir to combine.



## Prep

While **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**.

If you've opted to add **shrimp**, pat **shrimp** dry with paper towels. Season with **salt** and **pepper**.



## Finish and serve

Add **spinach** to the pan with **braised chickpeas**. Stir until wilted, 1-2 min. Season **bulgur** with **salt**. Divide **bulgur** between bowls, then 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, stirring occasionally, until **veggies** soften, 3-4 min. Reduce heat to medium. Add **chickpeas**, **curry paste**, **tomato sauce base**, **½ tbsp Indian Spice Mix**, **¾ cup water** (dbl both 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**.

Add **shrimp** to the pan with **chickpeas** and simmer until cooked through.\*\*

# Dinner Solved!