



Smashed Tahini Chickpeas on Toast

with Harissa Yogurt

VEGGIE 20 Minutes



Chickpeas



Artisan Roll



Harissa Paste



Greek Yogurt



Cilantro



Cherry Tomatoes



Spring Mix



Garlic



Tahini



White Wine Vinegar



Radishes



Feta Cheese



Lemon

HELLO SMASHED CHICKPEAS

A quick boil and mash turns chickpeas into a hummus-like texture!

START HERE

- Before starting, preheat your broiler to high.
- Wash and dry all produce.

Bust Out

Baking Sheet, Large Bowl, Large Pot, Potato Masher, Silicone Brush, Strainer, Whisk, Small Bowl, Measuring Spoons

Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Artisan Roll	2	4
Harissa Paste 🍷	2 tbsp	4 tbsp
Greek Yogurt	100 g	200 g
Cilantro	7 g	14 g
Cherry Tomatoes	113 g	227 g
Spring Mix	113 g	227 g
Garlic	3 g	6 g
Tahini	2 tbsp	4 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Radishes	4	8
Feta Cheese	¼ cup	½ cup
Lemon	1	1
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. BOIL CHICKPEAS

Drain, then rinse the **chickpeas**. In a large pot, combine **chickpeas**, **1 tsp salt** (dbl for 4 ppl) and enough **water** to cover (approx. 1 inch). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, uncovered, until fork-tender, 5-6 min.



4. TOAST ROLLS

Halve the **rolls**. On a baking sheet, arrange **roll halves**, cut-side up. Brush **each half** with **½ tsp oil**. Broil in **middle** of oven, until toasted, 2-3 min. Meanwhile, add the **yogurt**, **2 tsp water** (dbl for 4ppl) and **harissa** to a small bowl. Stir to combine. Set aside.



2. PREP & MAKE DRESSING

While the **chickpeas** boil, roughly chop the **cilantro**. Cut **tomatoes** in half. Thinly slice the **radish** into rounds. Juice **half the lemon**, then cut **remaining half** into wedges. (**NOTE:** Juice the whole lemon for 4ppl.) Peel, then mince the **garlic**. Whisk together the **vinegar**, **2 tbsp oil** and **½ tsp sugar** (dbl both for 4ppl) in a large bowl. Set aside.



5. FINISH AND SERVE

Add the **spring mix**, **radishes** and **tomatoes** to the large bowl with the **dressing**. Toss to coat. Divide **rolls** between plates, then spread with **chickpea mixture**. Top with the **feta**, **remaining cilantro** and some **salad** if desired. Dollop over the **harrisa yogurt**. Serve with the **remaining salad** on the side.



3. MASH CHICKPEAS

When **chickpeas** are done, drain and return them to the same pot, off heat. Using a masher, mash **tahini**, **lemon juice**, **garlic**, **half the cilantro** and **2 tbsp oil** (dbl for 4 ppl) into **chickpeas** until smooth. Season with **salt** and **pepper**.



6. GOT EGGS?

In Step 4, while **rolls** toast, heat a medium non-stick pan over medium-low heat. When the pan is hot, add **2 tbsp butter** (dbl for 4 ppl) and swirl pan, until melted. Crack in **two eggs** (dbl for 4 ppl). Season with **salt** and **pepper**. Pan-fry, covered, until **egg white** is set 2-3 min. Top the **chickpea toasts** with the **eggs**!

Dinner Solved!