



# Chickpea Earth Bowl

with Couscous

**CLASSIC** 30 Minutes • Little Heat • 2.5 of your 5 a day • Veggie



Aubergine



Chermoula Spice



Mint



Garlic Clove



Chickpeas



Avocado



Flaked Almonds



Smoked Paprika



Finely Chopped Tomatoes



Moroccan Medley Couscous



Natural Yoghurt



Honey

## Before you start

Our fruit, veggies and herbs need a wash before you use them!

### Basic cooking tools, you will need:

Baking Tray, Fine Grater (or Garlic Press), Sieve, Frying Pan and Measuring Jug.

### Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Chermoula Spice	1 small pot	1 large pot	1 large pot
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove**	2 cloves	3 cloves	4 cloves
Chickpeas	½ carton	1 carton	1 carton
Avocado**	1	1	2
Flaked Almonds 2)	1 small pot	1 large pot	1 large pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Moroccan Medley Couscous 13)	1 pack	2 packs	2 packs
Boiling Water for Couscous*	160ml	320ml	320ml
Natural Yoghurt 7)**	75g	100g	150g
Honey	1 sachet	2 sachets	2 sachets

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredient	609g	100g
Energy (kJ/kcal)	2502/598	411/98
Fat (g)	25	4
Sat. Fat (g)	5	1
Carbohydrate (g)	68	11
Sugars (g)	26	4
Protein (g)	20	3
Salt (g)	2.06	0.34

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

2) Nut 7) Milk 13) Gluten

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

### Contact

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## 1. Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 1cm pieces. Pop the **aubergine** onto a baking tray in one layer, drizzle with **oil**, sprinkle over the **chermoula spice** and season with **salt** and **pepper**. Toss to coat then spread out and roast on the top shelf of your oven until crisp and golden, 20-22 mins, turning halfway.



## 4. Tomatoey Chickpeas

Pop your frying pan back on medium high heat and add a drizzle of **oil**. Add the **garlic** and fry for until fragrant, 1 minute. Add the **chickpeas** and **smoked paprika** and cook for 1 minute more. Pour in the **chopped tomatoes** and season with **salt**, **pepper** and a pinch of **sugar**. Bring to the boil, and simmer until thickened, 5-6 mins.



## 2. Prep Your Veg

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas** in a sieve. Slice lengthways into the **avocado**. Once you reach the stone turn the **avocado** around to cut it in half. Twist each half and pull it apart. Remove the stone then scoop out the flesh onto a board. Chop into 1cm cubes.



## 5. Prep the Yoghurt

Meanwhile, fill and boil your kettle. Put the **couscous** in a bowl. Pour the boiling **water** for the **couscous** (see ingredients for amount) into the bowl, cover tightly with cling film. Leave to the side for 5 mins or until ready to serve. Pop the **yoghurt** in a bowl and stir in **half** the **mint**, season with **salt** and **pepper**.



## 3. Toast the Almonds

Heat a medium frying pan/saucepan over medium heat (no oil!) Once hot, add the **flaked almonds** and cook, stirring regularly, until lightly toasted, 1-2 mins. **TIP:** Watch them like a hawk as they can burn easily. One toasted transfer to a bowl for later and set aside.



## 6. Pop it all Together

Once everything is cooked, taste the **tomatoey chickpeas** and add **salt** and **pepper** if you feel they need it. Drizzle the **honey** on the **roasted aubergine** and toss to coat. Fluff up the **couscous** and divide between your bowls. Cover one third with the **roasted aubergine**, one third with the **tomatoey chickpeas** and one third with the **chopped avocado**. Drizzle it all with the **minty yoghurt** and sprinkle on the **toasted almonds** and remaining **mint**.

Enjoy!

There may be changes to ingredients in recipes:

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.