



# Chickpea Earth Bowl

with Roasted Aubergine, Avocado, Couscous and Minty Yoghurt

Classic 30 Minutes • Little Spice • 2 of your 5 a day • Veggie

18



Aubergine



Chermoula Spice



Mint



Garlic Clove



Chickpeas



Avocado



Flaked Almonds



Finely Chopped Tomatoes



Moroccan Medley Couscous



Natural Yoghurt



Honey

## Before you start

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

## Cooking tools, you will need:

Baking Tray, Sieve, Garlic Press, Frying Pan, Wooden Spoon, Bowl, Kettle, Measuring Jug.

## Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Chermoula Spice	1 sachet	1 sachet	2 sachets
Mint**	1 bunch	1 bunch	1 bunch
Garlic Clove	2	3	4
Chickpeas	½ carton	1 carton	1 carton
Avocado**	1	1	2
Flaked Almonds 2)	15g	25g	25g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Moroccan Medley Couscous 13)	100g	200g	200g
Boiling Water for the Couscous*	160ml	320ml	320ml
Natural Yoghurt 7)**	75g	120g	150g
Honey	1 sachet	2 sachets	2 sachets

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	605g	100g
Energy (kJ/kcal)	2454/586	406/97
Fat (g)	25	4
Sat. Fat (g)	5	1
Carbohydrate (g)	66	11
Sugars (g)	26	4
Protein (g)	20	3
Salt (g)	1.87	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

2) Nut 7) Milk 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soy, Gluten & Sulphites.

## Contact

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You can recycle me!



## 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** on a baking tray in a single layer, drizzle with **oil**, sprinkle over **half 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.



## 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. Halve the **avocado** and remove the stone. Use a tablespoon to scoop out the flesh in one piece, then chop it into 1cm cubes.



## Toast the Almonds

Heat a medium frying pan on 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. Once toasted transfer to a bowl and set aside.



## Tomatoey Chickpeas

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



## Cook the Couscous

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** into a bowl and stir in **half the mint**, season with **salt and pepper**.



## 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. **TIP:** If your honey has hardened, pop it in a bowl of hot water for 1 min. 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**.

**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.

Enjoy!