

Chickpea Earth Bowl

with Avocado, Roasted Aubergine, Mint Yoghurt and Couscous

Calorie Smart 35 Minutes • Mild Spice • 1 of your 5 a day • Veggie • Under 600 Calories







Aubergine



Chermoula Spice Mix





Garlic Clove



Chickpeas





Flaked Almonds



Finely Chopped Tomatoes



Moroccan Medley Couscous



Low Fat Natural Yoghurt



Honey

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Baking Tray, Garlic Press, Sieve, Frying Pan, Bowl, Kettle. Measuring Jug and Cling Film.

Ingredients

	2P	3P	4P	
Aubergine**	1	2	2	
Chermoula Spice Mix	1 pot	1 pot	1 pot	
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	
Water for the Couscous*	160ml	320ml	320ml	
Low Fat 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	599g	100g
Energy (kJ/kcal)	1953 /467	326/78
Fat (g)	22	4
Sat. Fat (g)	4	1
Carbohydrate (g)	46	8
Sugars (g)	23	4
Protein (g)	16	3
Salt (g)	1.41	0.24
107		

Nutrition for uncooked ingredients based on 2 person recipe. PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nut 7) Milk 13) Gluten

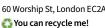
Please remember to check your ingredient packaging for information on allergens and traces of allergens!

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, Soya, Gluten & Sulphites.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

HelloFresh UK Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







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. Drizzle with oil, sprinkle over half the chermoula spice mix and season with salt and pepper. Toss to coat then spread out in a single layer. When the oven is hot, roast on the top shelf until soft and golden, 20-25 mins. Turn halfway through.



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.



Toast the Almonds

Heat a medium frying pan over medium heat (no oil). Once hot, add the flaked almonds and dry-fry, stirring regularly, until toasted, 3-4 mins. TIP: Watch them like a hawk as they can burn easily. Transfer to a bowl and set aside.



Start the Chickpeas

Pop your frying pan back on medium-high heat and add a drizzle of oil. Once hot, add the garlic and fry until fragrant, 1 min. Add the chickpeas and remaining chermoula spice mix 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 and leave to the side for 10 mins or until ready to serve. Pop the yoghurt into another bowl and stir in half the mint, then season with salt and pepper.



Finish and Serve

Once everything is cooked, taste the chickpeas and season if needed. Drizzle the honey over 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. Top with the aubergine, chickpeas and avocado. Drizzle over the mint yoghurt and sprinkle with the toasted almonds and remaining mint.

Enjoy!

Scan to get your exact PersonalPoints™ value







There may be changes to ingredients in recipes:

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

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