



# 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

23



Aubergine



Chermoula Spice Mix



Mint



Garlic Clove



Chickpeas



Avocado



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 use them!

## 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

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.

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## 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.



## 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.



## 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.



## 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**.



## 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.



## 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



5-11



**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.