



Harissa Butternut and Chickpea Pie with Feta and Spinach

Classic 45 Minutes • Medium Spice • 2 of your 5 a day • Veggie

21



Diced Butternut Squash



Red Onion



Garlic Clove



Chickpeas



Harissa Paste



Vegetable Stock Paste



Feta



Baby Spinach



Puff Pastry Sheet

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 and Ovenproof Dish.

Ingredients

	2P	3P	4P
Diced Butternut Squash**	300g	450g	600g
Red Onion**	1	1½	2
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Harissa Paste**	1 sachet	1½ sachets	2 sachets
Water*	150ml	225ml	300ml
Vegetable Stock Paste 10	10g	15g	20g
Feta** 7	100g	150g	200g
Baby Spinach**	100g	150g	200g
Puff Pastry Sheet** 13	1 roll	1½ rolls	2 rolls

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	664g	100g
Energy (kJ/kcal)	4559/1090	687/164
Fat (g)	63	10
Sat. Fat (g)	31	5
Carbohydrate (g)	96	15
Sugars (g)	21	3
Protein (g)	29	4
Salt (g)	3.77	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 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.

Contact

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Get Prepped

Preheat your oven to 200°C. Pop the **diced butternut squash** onto a baking tray, drizzle over with **oil** and season with **salt** and **pepper**. Roast until tender and turning golden, 15-20 mins.



Finish the Sauce

Add the **spinach** to the saucepan a handful at a time and stir until it has all wilted, 2-3 mins. Stir in the **chickpeas**, **feta** and **cooked butternut squash**. Taste and add more **salt** and **pepper** if you like.



Start the Sauce

Halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas**. Heat a drizzle of **oil** in a large saucepan over medium heat and cook the **onion** until softened, 6-8 mins. Add the **garlic** and **harissa paste** and cook for a further 1 min.



Assemble the Pie

Transfer the **butternut squash mixture** to an ovenproof baking dish (we use a 20cm x 20cm dish for 2 people). Unroll the **puff pastry** and place on top of the **butternut mixture** to cover and turn into a **pie**. Using a fork, press the **pastry** over the edge of the dish to help seal. Trim away any excess **pastry** and cut a small hole in the centre with the tip of a knife. **TIP:** *Brush the pastry with a little milk if you have some.* Transfer the **pie** to the top shelf of your oven. Bake until the **pastry** is golden and well risen, 15-20 mins.



Simmer

Add the **water** (see ingredients for amount) and **veg stock paste** to the **onion** and bring to a simmer. Cook until reduced slightly, 5-6 mins. Meanwhile, crumble the **feta** into chunks.



Serve

While the **pie** is in the oven, do any washing up. Once cooked, leave the **pie** to stand for 2 mins then divide between plates.

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.