



PERSIAN SPICED VEGETABLE BOWL

with Coriander Drizzle, Crispy Onions and Feta



HELLO SWEET POTATO

The 1st Europeans to taste this delicious tuber were members of Columbus' expedition to Haiti in 1492.



Echalion Shallot



Sweet Potato



Coriander



Green Pepper



Ground Cumin



Lime



Sabzi Ghormeh



Feta Cheese



Aubergine



Chickpeas

MEAL BAG
5

- 45 mins
- 4 of your 5 a day
- Veggie

Quick, simple, and delicious, ChefJesse's Persian spiced vegetable bowl is a wholesome and satisfying mid-week recipe. Sweet potato, aubergine and green pepper are seasoned with sabzi gormeh and roasted in the oven until everything is golden and slightly crisp. Traditionally, sabzi gormeh is made with fresh herbs but our special blend is an equally delicious alternative using dried herbs like mint, parsley, fenugreek leaves and chives. Combined with crunchy chickpeas and a coriander dressing, finish the dish off with crumbled feta, crispy onions and dig in!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a two **Large Baking Trays**, a **Large Frying Pan**, some **Kitchen Paper**, a **Sieve**, **Fine Grater** and **Mixing Bowl**. Now, let's get cooking!



1 GET PREPPED

Preheat your oven to 220°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 2cm pieces. Chop the **sweet potato** into 2cm chunks (no need to peel!). Halve the **pepper** and discard the core and seeds. Chop into pieces roughly the same size as the aubergine. Halve, peel and thinly slice the **shallot**.



2 ROAST THE VEGGIES

Pop the **potato**, **aubergine** and **pepper** onto one large baking tray. Sprinkle over the **Sabzi ghormeh** and a good pinch of **salt** and **pepper**. Drizzle with **oil** and toss to coat everything well. Arrange in a single layer (use two trays if you need more space!). Pop onto the top shelf of your oven and cook until everything is golden and slightly crispy, 25-30 mins. Turn after 15 mins - this is when we will add the **chickpeas**!



3 CRISPY ONIONS!

Meanwhile, heat a good drizzle of **oil** in a large frying pan over medium heat. Once hot, add the **shallot**, a pinch of **salt** and a good sprinkling of **sugar** (if you have some!). Cook until crispy and golden, stirring regularly, 7-10 mins. Once done, remove from the heat and transfer to a bowl lined with some kitchen paper (this will absorb any excess **oil**!).



4 COOK THE CHICKPEAS

Drain and rinse the **chickpeas** in a sieve. Pop them onto another baking tray and sprinkle over the **ground cumin** and some **salt** and **pepper**. Toss to evenly coat, then set to one side. When the **veggies** have been in the oven for 15 mins, pop the **chickpeas** onto the middle shelf of the oven to cook for the remaining time. They should come out nice and crunchy!



5 MAKE THE DRIZZLE

In the meantime, roughly chop the **coriander** (stalks and all). Zest and halve the **lime**. Add **half** the **coriander**, the **juice** from **half** the **lime** and the **olive oil** (see ingredients for amount) to a small bowl. Mix well and season to taste with **salt** and **pepper**.



6 JUMBLE AND SERVE

Once the **veggies** and **chickpeas** are out of the oven, tip both trays into a large mixing bowl. Stir through the remaining **coriander** and the **lime** zest. Share between your bowls with the **crispy onions** on top. Crumble over the **feta** and spoon the drizzle all over. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

	2P	3P	4P
Echalion Shallot *	1	1½	2
Sweet Potato *	1 small pack	¾ large pack	1 large pack
Coriander *	1 bunch	1 bunch	1 bunch
Green Pepper *	1	1½	2
Ground Cumin	1 small pot	¾ large pot	1 large pot
Lime *	1	1½	2
Sabzi Ghormeh	1 small pot	¾ large pot	1 large pot
Feta Cheese 7) *	½ block	¾ block	1 block
Aubergine *	1	1½	2
Chickpeas	1 carton	1½ cartons	2 cartons
Olive Oil*	1 tbsp	1½ tbsp	2 tbsp

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 577G	PER 100G
Energy (kJ/kcal)	1644 / 393	285 / 68
Fat (g)	14	2
Sat. Fat (g)	6	1
Carbohydrate (g)	48	8
Sugars (g)	16	3
Protein (g)	15	3
Salt (g)	1.06	0.18

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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.

THUMBS UP OR THUMBS DOWN?

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