

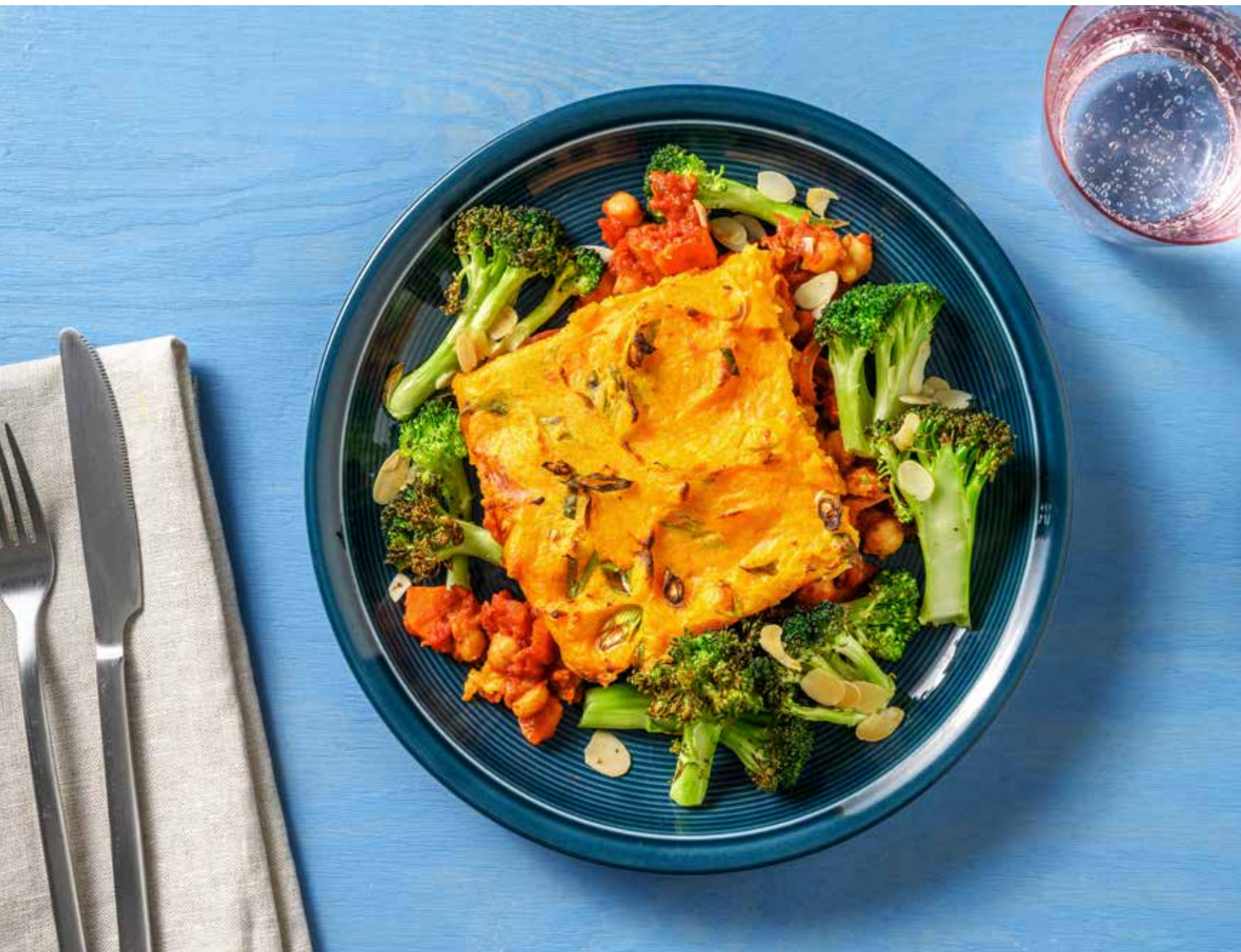


Spiced Chickpea Cottage Pie

with Potato Topping, Roasted Broccoli and Flaked Almonds

Classic 45 Minutes • Little Spice • 2 of your 5 a day • Plant-Based

21



Sweet Potato



Baking Potato



Red Onion



Garlic Clove



Carrot



Chickpeas



Spring Onion



Tomato Purée



Harissa



Chermoula Spice Mix



Vegetable
Stock Powder



Finely Chopped
Tomatoes



Broccoli



Flaked Almonds

Before you start

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

Cooking tools, you will need:

Saucepan, Chopping Board, Knife, Colander, Grater, Sieve, Bowl, Frying pan and Baking Tray and Potato Masher.

Ingredients

	2P	3P	4P
Sweet Potato**	1	1	2
Baking Potato**	1	2	2
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Carrot**	1	2	2
Chickpeas	1 carton	1½ carton	2 cartons
Spring Onion**	2	3	4
Tomato Purée	1 sachet	2 sachets	2 sachets
Harissa	1 sachet	1½ sachet	2 sachets
Chermoula Spice Mix	1 small pot	¾ large pot	1 large pot
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Finely Chopped Tomatoes	1 carton	1½ carton	2 cartons
Broccoli**	1	1	2
Flaked Almonds 2)	15g	25g	25g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	949g	100g
Energy (kJ/kcal)	2970 / 710	313 / 75
Fat (g)	17	2
Sat. Fat (g)	2	1
Carbohydrate (g)	109	11
Sugars (g)	35	4
Protein (g)	25	3
Salt (g)	2.60	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 10) Celery

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

Thumbs up or thumbs down?

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HelloFresh UK

Packed in the UK

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You can recycle me!



1



Prep the Potatoes

Preheat your oven to 200°C. Bring a large saucepan of **water** to the boil with ½ tsp of **salt**. Peel and chop the **sweet potato** and **baking potatoes** into 2cm chunks. When the **water** comes to a boil, add the **potatoes** and cook until you can easily slip a knife through, 15-20 mins. When cooked drain well in a colander and set aside.

2



Get Prepped

Meanwhile, halve, peel and thinly slice the **red onion**. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Drain and rinse the **chickpeas** in a sieve, pop a **quarter** of the **chickpeas** in a bowl and mash with the back of a fork. Trim and thinly slice the **spring onions**.

3



Start the Filling

Heat a drizzle of **oil** in a large frying pan over a medium-high heat. When hot, add the sliced **red onion** and **carrot**. Cook stirring occasionally until the **veg** softens, 7-8 mins. Add the **garlic**, **tomato puree**, **harissa**, **chermoula spice mix** and **chickpeas** (both whole and crushed). Mix together and cook for 1 minute. Add the **vegetable stock powder** and **chopped tomatoes**. Season with **salt** and **pepper**, stir well and cook until thickened, 3-4 mins.

4



Mash, Mash Baby

Once the **potatoes** are cooked, return them to the pan and mash with a potato masher until smooth. Add the **chopped spring onion**. Season to taste with **salt** and **pepper** (add a **knob of butter** and a **splash of milk** if you have any). Transfer the **chickpea filling** to an ovenproof tray and top with the **mash**. Spread with the back of a spoon to completely cover the **filling**. Bake on the top shelf of your oven until the **pie** is golden, 15-20 mins.

5



Broccoli Time

Meanwhile, chop the **broccoli** into **florets** (like small trees). Spread them out evenly on a baking tray and drizzle over some **oil**. Season with **salt** and **pepper** and sprinkle over the **flaked almonds**. Roast on the middle shelf of your oven until the **broccoli** is tender and crispy and the **almonds** are golden, 12-15 mins.

6



Time to Serve

Carefully remove the **pie** from the oven and share between your plates. Pop the **broccoli** and **flaked almonds** alongside.

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.