

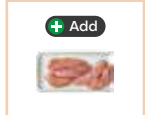


Savoury Braised Chickpeas with Feta and Garlic Tourn

Veggie 20 Minutes

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)



Chicken Breast
Tenders **+ Add**
310 g | 620 g



Chickpeas
1 | 2



Bulgur Wheat
½ cup | 1 cup



Yellow Onion
1 | 1



Garlic, cloves
2 | 4



Sweet Bell
Pepper
1 | 2



Feta Cheese,
crumbled
½ cup | 1 cup



Vegetable Broth
Concentrate
2 | 4



Tomato Sauce
Base
2 tbsp | 4 tbsp



Baby Spinach
56 g | 113 g



Mayonnaise
2 tbsp | 4 tbsp



Zucchini
1 | 2



Curry Paste
2 tbsp | 4 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, oil, pepper

Cooking utensils | Large non-stick pan, measuring cups, measuring spoons, medium pot, small bowl, strainer

1



Cook bulgur

- Before starting, wash and dry all produce.
- Garlic guide for step 4: 1/4 tsp (1/2 tsp) mild, 1/2 tsp (1 tsp) medium and 1 tsp (2 tsp) extra.
- Add **3/4 cup** (1 cup) **water**, **1/2 tsp** (1 tsp) **salt** and **half the broth concentrate** to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, add **bulgur**. Stir to combine, then cover and remove the pot from heat.
- Let stand until **bulgur** is tender and liquid is absorbed, 15-16 min.
- Season with **salt**, then fluff with a fork.

4



Make garlic toum

- Meanwhile, add **mayo**, **1/2 tbsp** (1 tbsp) **water** and **1/4 tsp garlic** to a small bowl. (NOTE: Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

2



Prep

- **+ Add | Chicken Breast Tenders**
- Meanwhile, core, then cut **pepper** into 1/2-inch pieces.
- Cut **zucchini** into 1/2-inch pieces.
- Peel, then cut **half the onion** into 1/4-inch pieces (whole onion for 4 ppl).
- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Drain, then rinse **chickpeas**.

5



Finish and serve

- **+ Add | Chicken Breast Tenders**
- Add **spinach** to the pan with **braised chickpeas**. Stir until wilted, 1-2 min.
- Divide **bulgur** between bowls, then top with braised **chickpeas**.
- Crumble **feta** over **chickpeas**.
- Dollop **garlic toum** on top.

3



Braise veggies and chickpeas

- Heat a large non-stick pan over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions, zucchini** and **peppers**. Cook, stirring occasionally, until **veggies** soften, 3-4 min.
- Reduce heat to medium. Add **chickpeas, curry paste, tomato sauce base, 3/4 cup** (1 1/2 cups) **water, remaining broth concentrate** and **half the garlic**.
- Simmer, stirring occasionally, until liquid reduces slightly, 6-7 min.
- Remove the pan from heat.
- Season with **salt** and **pepper**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

2 | Prep and cook chicken

+ Add | Chicken Breast Tenders

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add **1/2 tbsp** (1 tbsp) **oil**, then **chicken tenders**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side. ** Use the same pan to braise **veggies** and **chickpeas** in step 3.

5 | Finish and serve

+ Add | Chicken Breast Tenders

Arrange **chicken** over final bowls.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F.