

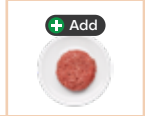


Savoury Braised Chickpeas with Feta and Garlic Toum

Veggie

Spicy

20 Minutes



Beyond Meat®

2 | 4

Custom Recipe

+ 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](https://www.hellofresh.ca)



Chickpeas
370 ml | 740 ml



Bulgur Wheat
½ cup | 1 cup



Yellow Onion
½ | 1



Garlic, cloves
2 | 4



Sweet Bell Pepper
1 | 2



Feta Cheese, block
100 g | 200 g



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.

1



Cook bulgur

- Before starting, wash and dry all produce.

• Garlic Guide for Step 4:

- Mild: ¼ tsp (½ tsp)
- Medium: ½ tsp (1 tsp)
- Extra: 1 tsp (2 tsp)

- Add ½ cup (1 cup) **water**, ½ 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.

2



Prep

+ Add | **Beyond Meat®**

- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Cut **zucchini** into ½-inch pieces.
- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Roughly chop **spinach**.
- Peel, then mince or grate **garlic**.
- Drain, then rinse **chickpeas**.

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, ¾ cup** (1 ½ 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**.

4



Make garlic toum

- Meanwhile, add **mayo**, ½ **tbsp** (1 **tbsp**) **water** and ¼ **tsp** **garlic** to a small bowl. (**NOTE:** Reference garlic guide.)
- Season with **salt** and **pepper**, then stir to combine.

5



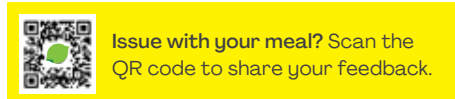
Finish and serve

- 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.

2 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**. Add **onions, zucchini** and **peppers**. Follow the rest of the recipe as written.**



Issue with your meal? Scan the QR code to share your feedback.

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