



# Smashed Roasted Pepper and Chickpea Open-Faced Sammies

with Roasted Wedges and Zesty Aioli

Veggie

30 Minutes



Chickpeas



Shawarma Spice Blend



Roasted Red Peppers



Lemon



Garlic, cloves



Parsley



Mini Cucumber



Roma Tomato



Spring Mix



Flatbread



Russet Potato



Plant-Based Mayonnaise

## HELLO CHICKPEAS

Hearty and flavourful, chickpeas are packed with fibre that keeps you feeling full for longer!

## Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

### Garlic Guide for Step 5 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Extra: ½ tsp

## Bust out

2 Baking sheets, measuring spoons, potato masher, strainer, zester, medium pot, large bowl, small bowl, whisk

## Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Shawarma Spice Blend	1 tbsp	2 tbsp
Roasted Red Peppers	170 ml	340 ml
Lemon	1	2
Garlic, cloves	1	2
Parsley	7 g	14 g
Mini Cucumber	66 g	132 g
Roma Tomato	160 g	320 g
Spring Mix	28 g	56 g
Flatbread	2	4
Russet Potato	460 g	920 g
Plant-Based Mayonnaise	4 tbsp	8 tbsp
Sugar*	¾ tsp	1 ½ tsp
Oil*		

Salt and Pepper\*

\* Pantry items

## 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.*

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## Roast potato wedges

- Cut **potatoes** into ½-inch wedges.
- Add **potatoes** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 24-26 min. (**NOTE:** For 4 ppl, roast in the middle and bottom of the oven, rotating sheets halfway through.)



## Toast flatbreads and dress veggies

- Meanwhile, arrange **flatbreads** on another unlined baking sheet. (**NOTE:** For 4 ppl, use 2 unlined baking sheets.) Brush **top side of flatbreads** with **1 tbsp oil** (dbl for 4 ppl).
- Toast **flatbreads** in the **bottom** of the oven until softened, 2-3 min.
- Add **2 tsp lemon juice**, **4 tsp oil** and **¼ tsp sugar** (dbl all for 4 ppl) to a large bowl. Season with **salt** and **pepper**, to taste, then whisk to combine.
- Add **cucumbers**, **tomatoes** and **spring mix**, then toss to combine.



## Prep

- Meanwhile, stack **flatbreads**, then halve crosswise.
- Using a strainer, drain and rinse **chickpeas**.
- Zest, then juice **lemon**.
- Peel, then mince or grate **garlic**.
- Halve **cucumber** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop **parsley**.
- Cut **tomatoes** into ½-inch pieces.
- Drain **roasted red peppers**, reserving **pepper liquid**, then roughly chop.



## Finish chickpea filling and make zesty aioli

- Using a potato masher, mash **chickpeas** in the pot until half are mashed.
- Add **parsley**. Season with **pepper**, to taste, then stir to combine. Set aside.
- Add **mayo**, **lemon zest**, **2 tsp lemon juice**, **½ tsp sugar** (dbl both for 4 ppl) and **¼ tsp garlic** to a small bowl. (**NOTE:** Reference garlic guide.) Season with **salt** and **pepper**, to taste, then stir to combine.



## Cook chickpea filling

- Heat a medium pot over medium-high heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chickpeas**, **Shawarma Spice Blend**, **roasted red peppers** and **¼ tsp garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **reserved pepper liquid**. Season with **pepper** and **¼ tsp salt** (dbl for 4 ppl). Bring to a simmer.
- Once simmering, reduce heat to medium. Cook, stirring occasionally, until **chickpeas** are warmed through and **liquid** reduces by half, 3-4 min.
- Remove the pot from heat.



## Finish and serve

- Spread **chickpea filling** over **oiled sides of flatbreads**, then top with **dressed veggies**.
- Divide **open-faced sammies** and **potato wedges** between plates.
- Serve **zesty aioli** alongside for dipping.

## Dinner Solved!