



# Indian Inspired Curried Roasted Chickpea Salad with Mango Chutney Yoghurt Dressing

**Quick** 20-25 Minutes • **Mild Spice** • 2 of your 5 a day

18



Chickpeas



Curry Powder Mix



Garlic Clove



Ciabatta



Green Beans



Greek Style  
Natural Yoghurt



Mango Chutney



Cider Vinegar



Baby Plum  
Tomatoes



Baby Leaf Mix



Greek Style Salad  
Cheese



Diced British  
Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Olive Oil

### Make it Higher Protein

If you chose to make this recipe higher protein, then just follow the instructions on the back of this card.

Happy cooking!



## Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

## Cooking tools

Sieve, kitchen paper, baking tray, frying pan, lid, kitchen scissors and bowl.

## Ingredients

Ingredients	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Curry Powder Mix	1 sachet	1 sachet	2 sachets
Garlic Clove**	2	3	4
Ciabatta <b>13)</b>	1	2	2
Green Beans**	80g	150g	200g
Greek Style Natural Yoghurt** <b>7)</b>	75g	120g	150g
Mango Chutney	40g	60g	80g
Cider Vinegar <b>14)</b>	15ml	22ml	30ml
Baby Plum Tomatoes	125g	190g	250g
Baby Leaf Mix**	50g	70g	100g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
Diced British Chicken Breast**	260g	390g	520g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Olive Oil for the Dressing*	1½ tbsp	2 tbsp	2½ tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	391g	100g	521g	100g
Energy (kJ/kcal)	1987 / 475	508 / 121	2634 / 630	506 / 121
Fat (g)	20.3	5.2	22.6	4.3
Sat. Fat (g)	7.6	1.9	8.2	1.6
Carbohydrate (g)	51.6	13.2	51.7	9.9
Sugars (g)	17.2	4.4	17.4	3.3
Protein (g)	18.5	4.7	50.0	9.6
Salt (g)	2.05	0.53	2.25	0.43

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **13)** Cereals containing gluten **14)** Sulphites

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, mollusc, milk, egg, mustard, celery, soya, cereals containing gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email. Be careful when adding water to hot pans while cooking.

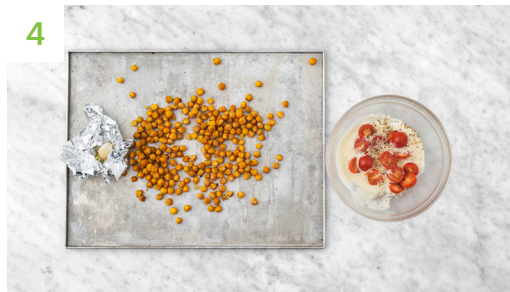
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## Get Started

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas** in a sieve, then pat dry with kitchen paper. Spread the **chickpeas** onto a baking tray. Drizzle with **oil** and sprinkle over the **curry powder mix**. Season with **salt** and **pepper**.
- Toss to coat evenly. Roast on the middle shelf of your oven until crispy, 16-18 mins. Carefully remove from the oven and turn halfway through.
- Pop the **garlic** (unpeeled) into a small piece of foil with a drizzle of **oil** and scrunch to enclose it. Roast the parcel until soft, 10-12 mins.



## Dress to Impress

- Once the **garlic** has cooled, cut the end with scissors, squeeze it out of the skin and mash with a fork.
- In a large bowl, combine the **mashed garlic**, **yoghurt**, **mango chutney**, **cider vinegar** and **olive oil for the dressing** (see pantry for amount). Taste and season with **salt** and **pepper**.
- Halve the **baby plum tomatoes** and toss through the **dressing**. Set aside to macerate.



## Make the Croutons

- Meanwhile, tear the **ciabatta** into roughly 2cm chunks.
- Pop the **ciabatta** onto a baking tray in a single layer. Drizzle with **oil**, season with **salt** and **pepper** and toss to coat well.
- Bake the **croutons** on the middle shelf until golden, 8-10 mins, then remove from the oven and set aside.

### Make it Higher Protein

If you've chosen a higher protein version, pan-fry the **chicken** before the **green beans**. Fry, 8-10 mins, then set aside. Add to the **salad** in step 5. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Toss the Salad

- When everything's ready, add the **croutons**, **roasted chickpeas**, **green beans**, **tomatoes** and **baby leaves** to the **dressing**. Toss to evenly coat.
- Taste and season with **salt** and **pepper** if needed.  
**TIP:** Don't add the leaves too early or they'll go soggy.



## Fry the Green Beans

- While everything bakes, trim the **green beans** and cut into thirds.
- Heat a drizzle of **oil** in a frying pan on medium-high heat. Once hot, add the **green beans** and stir-fry until starting to char, 2-3 mins.
- Turn the heat down to medium, then add a splash of **water** and immediately cover with a lid or some foil.
- Cook until the **beans** are tender, 4-5 mins. Remove the pan from the heat.



## Serve Up

- Share the **salad** between your serving bowls.
- Crumble over the **Greek style salad cheese** to finish.

Enjoy!