



# Cheesy Mediterranean Style Chickpea Pie with Aubergine, Pepper and Herby Carrots

**Classic** 40-45 Minutes • **Mild Spice** • 4 of your 5 a day • Veggie

50



Puff Pastry Sheet



Bell Pepper



Aubergine



Carrot



Mixed Herbs



Garlic Clove



Chickpeas



Tomato Passata



Vegetable Stock Paste



Harissa Paste



Grated Hard Italian Style Cheese

#### Pantry Items

Oil, Salt, Pepper, Sugar, Honey

## 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

Baking tray, garlic press, sieve, frying pan and ovenproof dish.

## Ingredients

Ingredients	2P	3P	4P
Puff Pastry Sheet** <b>13</b> )	½ pack	¾ pack	1 pack
Bell Pepper***	1	1½	2
Aubergine**	1	1½	2
Carrot**	3	4	6
Mixed Herbs	1 sachet	1 sachet	2 sachets
Garlic Clove**	3	4	6
Chickpeas	1 carton	1½ cartons	2 cartons
Tomato Passata	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste	10g	15g	20g
Harissa Paste <b>14</b> )	50g	75g	100g
Grated Hard Italian Style Cheese** <b>7</b> ) <b>8</b> )	20g	30g	40g

Pantry	2P	3P	4P
Sugar*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge \*\*\*Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	748g 3157 /755	100g 422 /101
Fat (g)	34.8	4.6
Sat. Fat (g)	13.5	1.8
Carbohydrate (g)	86.3	11.5
Sugars (g)	36.5	4.9
Protein (g)	20.5	2.7
Salt (g)	3.35	0.45

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

## Allergens

**7**) Milk **8**) Egg **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.

## Contact

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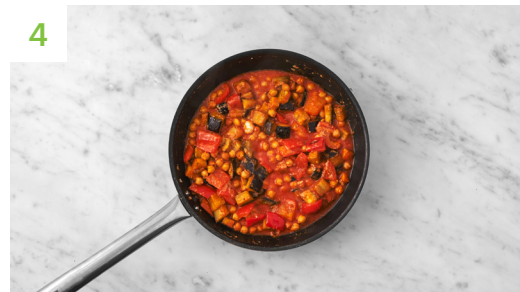
## Roast the Veg

Preheat your oven to 220°C/200°C fan/gas mark 7. Remove the **puff pastry** from your fridge to allow it to come to room temperature.

Halve the **bell pepper** and discard the core and seeds. Chop into 2-3cm chunks. Trim the **aubergine**, then cut into roughly 2cm pieces.

Pop the **pepper** and **aubergine** onto a baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer.

When the oven is hot, roast the **veg** on the top shelf until soft and golden, 25-30 mins. Turn halfway through.



## Cheese Please

Once the **aubergine** and **pepper** have cooked, stir them into the **sauce** in the frying pan. Stir in the **hard Italian style cheese**.

Roast the **carrots** on the middle shelf until tender, 20-25 mins. Turn halfway through.



## Prep the Carrots

Meanwhile, trim the **carrots**, then halve lengthways (no need to peel). Chop into roughly 1cm wide, 5cm long batons.

Pop the **carrots** onto a large baking tray. Sprinkle over the **mixed herbs**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. Set aside.

Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **chickpeas** in a sieve.



## Assemble and Bake

Transfer your **vegetable filling** to an appropriately sized ovenproof dish.

Cover the **dish** with the **pastry** (see ingredients for amount), pressing it over the side of the **dish** or just sitting it on top, then trimming off any excess.

Make a small hole in the middle to allow steam to escape. **TIP:** Brush the pastry with a little milk if you have some.

Bake your **pie** on the top shelf of your oven until golden brown, 15-20 mins. Once it's out of the oven, allow it to stand for 2 mins.

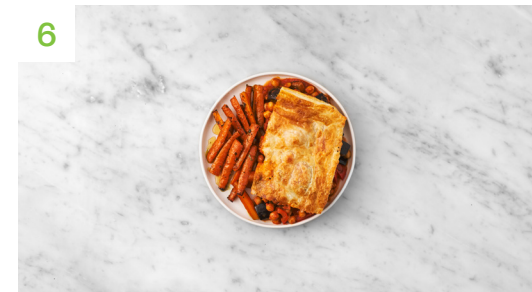


## Sauce Time

Heat a drizzle of **oil** in a large frying pan on medium-high heat. Once hot, add the **garlic** and stir-fry for 30 secs.

Stir in the **chickpeas**, **passata**, **vegetable stock paste**, **harissa paste** (add less if you'd prefer things milder), **sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then simmer until the **sauce** has thickened slightly, 3-4 mins.



## Finish and Serve

When the **carrots** have 5 mins remaining, remove the tray from the oven. Drizzle over the **honey** (see pantry for amount) and toss to coat. Return to the oven for the remaining time.

Once the **carrots** are roasted, share the **cheesy veg pie** between your plates.

Serve with the **roasted carrots** on the side.

## Enjoy!