






More Than Food
HelloFresh.co.uk

Enjoy
within
3 days



Share your masterpiece! Tag your photos with #HelloFreshSnaps and share on   
You'll be entered into our weekly photo contest!

Chickpea and Runner Bean Salad with Feta and Zahtar

We love a bit of fusion! So this Middle Eastern inspired chickpea salad with British runner beans is just a dream for us - good job André! Now, what's that extra magical sprinkle of flavour? It's Zahtar! It can be traced all the way back to biblical times - so it must be good if it's been popular for this long!



30 mins



veggie



Ciabatta (1)



Zahtar Spice Mix (2 tsp)



Red Onion (1)



Garlic Clove (1)



Runner Beans (150g)



Flat Leaf Parsley
(1 tbsp)



Oregano (1 tsp)



Lemon (1)



Red Wine Vinegar
(1 tbsp)



Organic Chickpeas
(1 tin)




Feta Cheese (1 block)

Ingredients

2 PEOPLE

ALLERGENS

Ciabatta	1	Gluten
Zahtar Spice Mix	2 tsp	Sesame
Red Onion, sliced	1	
Garlic Clove, grated	1	
Runner Beans, chopped	1 pack	
Flat Leaf Parsley, chopped	1 tbsp	
Oregano	1 tsp	
Lemon	1	
Red Wine Vinegar	1 tbsp	Sulphites
Organic Chickpeas	1 tin	
Feta Cheese	1 block	Milk

 Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

Zahtar can refer to either just the plant – thyme in English – or the best spice mix ever made on earth!

Nutrition per serving: Calories: 622 kcal | Protein: 33 g | Carbs: 90 g | Fat: 17 g | Saturated Fat: 9 g

1



1 Pre-heat your oven to 200 degrees. Cut the **ciabatta** in half lengthways and then cut each half into strips 2cm wide. Chop the strips into 2cm wide chunks, pop into a bowl and add 1 tsp of the **zahtar spice mix** and 2 tbsp of **olive oil**. Toss well to make sure the **zahtar spice mix** is evenly distributed. Place on a baking tray and bake for 8-10mins. When the croutons are golden and crunchy, remove from your oven and keep to one side. No snacking!

3



2 While your croutons bake, cut the **red onion** in half, peel and slice into thin half moon shapes. Peel and grate the **garlic**.

3 Chop the tops and bottoms off the **runner beans** and cut each bean into 3cm sized pieces.

4 Roughly chop the **flat leaf parsley**, strip the **oregano** leaves off their stalks and zest the **lemon**.

5 Bring a pot of water to the boil on high heat. When the water is boiling, add $\frac{1}{4}$ tsp of **salt** and cook the **runner beans** for 4 mins. Drain in a colander and keep to one side.

6



6 As the beans cook, heat a saucepan on medium heat and add 1 tbsp of **olive oil**. Cook the **red onion** for 3 mins with $\frac{1}{4}$ tsp of **salt**. When the **onion** has softened, add the grated **garlic** and **red wine vinegar**. Cook for 2 mins or until the vinegar has evaporated.

7 Drain the **chickpeas** and rinse under cold water. Add the **chickpeas** to the pan and warm through. Toss in the **runner beans** and warm them through too.

8 Remove the pan from the heat and add your **parsley** and **oregano**. Squeeze in half your **lemon** juice. Add your zest and the remaining 1 tsp of the **zahtar spice**. Check the seasoning and add another pinch of **salt** and **pepper** along with another squeeze of lemon if you feel it needs it.

9



9 Cut the **feta cheese** into 2cm cubes and get ready to serve.

10 Spoon a generous amount of your bean salad into a deep bowl and scatter over some croutons. Finish with your cubes of **feta cheese** and a drizzle of your best **olive oil**. Delicious!

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!