



Middle Eastern Inspired Pepper & Chickpea Salad with Garlic Croutons and Pomegranate Molasses Dressing

23

Calorie Smart 25-30 Minutes • 2 of your 5 a day • Veggie • Under 650 Calories



Bell Pepper



Garlic Clove



Baby Plum Tomatoes



Ciabatta



Chickpeas



Flaked Almonds



Mint



Greek Style Salad Cheese



Pomegranate Molasses



Cider Vinegar



Pea Shoots

Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, bowl, sieve and frying pan.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Ciabatta 13)	1	2	2
Chickpeas	1 carton	1½ cartons	2 cartons
Flaked Almonds 2)	15g	25g	25g
Mint**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** 7)	100g	150g	200g
Pomegranate Molasses	1 sachet	1½ sachets	2 sachets
Cider Vinegar 14)	1 sachet	1½ sachets	2 sachets
Pea Shoots**	40g	60g	80g
Pantry	2P	3P	4P
Sugar for the Dressing*	½ tsp	½ tsp	1 tsp
Olive Oil for the Dressing*	2 tbsp	3 tbsp	4 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)	2239 /535	534 /128
Fat (g)	27.0	6.4
Sat. Fat (g)	9.1	2.2
Carbohydrate (g)	47.3	11.3
Sugars (g)	12.3	2.9
Protein (g)	22.3	5.3
Salt (g)	1.97	0.47

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

PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nuts **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, milk, egg, mustard, celery, soya, 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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

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Roast the Pepper

Preheat your oven to 220°C/200°C fan/gas mark 7.
Halve the **pepper** and discard the core and seeds.
Slice into thin strips.

Pop the **pepper** onto one side of a baking tray.
Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat.

When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



Get Toasting

While everything bakes, heat a medium frying pan on medium heat (no oil).

Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.
Transfer to a small bowl. **TIP: Watch them like a hawk as they can burn easily.**

Pick the **mint leaves** from their stalks and roughly chop (discard the stalks). Crumble the **Greek style salad cheese**.

Scan to get your exact PersonalPoints™ value



Prep Time

Meanwhile, peel and grate the **garlic** (or use a garlic press).

Pop the **tomatoes** into a small bowl with **half** the **garlic**. Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Set aside.

Tear the **ciabatta** into roughly 2cm chunks. Drain and rinse the **chickpeas** in a sieve.

Pop the **ciabatta** and **chickpeas** onto another baking tray in a single layer. Drizzle with **oil** and season, then scatter with the remaining **garlic**. Toss to coat.



Mix the Salad Dressing

In a large bowl, combine the **pomegranate molasses**, **cider vinegar**, **sugar** and **olive oil** for **the dressing** (see pantry for both amounts).

Season with **salt** and **pepper**, then set the **dressing** aside.



Bring on the Tomatoes

When the **peppers** have roasted for about 5 mins, add the **tomatoes** to the other side of the same baking tray.

Roast for the remaining time until the **tomatoes** have softened and starting to burst, 10-12 mins.

At the same time, pop the other baking tray onto the middle shelf and bake until the **croutons** are golden, 10-12 mins.



Assemble and Serve

When ready, add the **roasted veg**, **croutons** and **chickpeas** to the **dressing** bowl.

Add the **Greek style salad cheese**, **mint** and **pea shoots** to the bowl. Gently toss together, then share the **salad** between your serving bowls.

Scatter over the **toasted almonds** to finish.

Enjoy!