



Spiced Chickpea and Pepper Traybake

with Tomato Pesto Couscous and Chive Yoghurt

23

Calorie Smart 25-30 Minutes • Mild Spice • 3 of your 5 a day • Veggie • Under 650 Calories



Chickpeas



Bell Pepper



Garlic Clove



Roasted Spice and Herb Blend



Baby Plum Tomatoes



Chives



Couscous



Vegetable Stock Paste



Greek Style Natural Yoghurt



Red Pepper Chilli Jam



Fresh Pesto

Pantry Items
Oil, Salt, Pepper

Before you start

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

Cooking tools

Kettle, sieve, garlic press, baking tray, aluminium foil, bowl and cling film.

Ingredients

Ingredients	2P	3P	4P
Chickpeas	1 carton	1½ cartons	2 cartons
Bell Pepper***	1	2	2
Garlic Clove**	2	3	4
Roasted Spice and Herb Blend	1 sachet	1 sachet	2 sachets
Baby Plum Tomatoes	190g	250g	380g
Chives**	1 bunch	1 bunch	1 bunch
Couscous (13)	120g	180g	240g
Vegetable Stock Paste (10)	10g	15g	20g
Greek Style Natural Yoghurt** (7)	75g	120g	150g
Red Pepper Chilli Jam	25g	37g	50g
Fresh Pesto** (7)	50g	82g	100g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml

*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)	2482 / 593	563 / 135
Fat (g)	20.6	4.7
Sat. Fat (g)	5.6	1.3
Carbohydrate (g)	76.4	17.3
Sugars (g)	18.5	4.2
Protein (g)	18.7	4.2
Salt (g)	2.13	0.48

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

7) Milk 10) Celery 13) Cereals containing gluten

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.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.
Boil a full kettle.

Drain and rinse the **chickpeas** in a sieve.

Halve the **pepper** and discard the core and seeds.
Slice into thin strips.

Peel and grate the **garlic** (or use a garlic press).



Cook the Couscous

Place the **couscous** in a medium bowl.

Pour in the **boiled water for the couscous** (see pantry for amount), stir in the **vegetable stock paste**, then cover tightly with cling film.

Leave to the side for 10 mins or until ready to serve.



Traybake Time

Pop the **chickpeas** and **pepper** onto a large baking tray.

Drizzle with **oil** and sprinkle over the **garlic** and **roasted spice and herb blend**. Season with **salt** and **pepper**, then toss to coat.

Pop the **tomatoes** onto a piece of foil with a drizzle of **oil** and season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.

Place the **parcel** onto the baking tray alongside the **chickpeas** and **pepper**.



Finishing Touches

Meanwhile, in a small bowl, mix together the **yoghurt** and **half the chives**. Season with **salt** and **pepper**.

When everything's ready, remove the tray from your oven. Drizzle the **red pepper chilli jam** over the **chickpeas** and **pepper**, then toss to coat.

Fluff up the **couscous** with a fork, then stir through the **pesto**, remaining **chives** and **roasted tomatoes**.



Chop the Chives

When the oven is hot, pop your tray onto the top shelf of your oven and roast until the **pepper** is cooked and **chickpeas** are golden, 15-18 mins.

Meanwhile, finely chop the **chives** (use scissors if easier).



Serve

Share the **pesto couscous** between your bowls and top with the **spiced chickpeas** and **roasted pepper**.

Spoon over the **chive yoghurt** to finish.

Enjoy!

