

Turmeric, Coconut and Chickpea Stew

with Zaatar Flatbreads

hellóchef

The trick to this creamy stew? Mashing the chickpeas at the end helps thicken things up!

Cals 1053 • Prot 28 • Carbs 131 • Fat 49

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 40 min

R2826



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Stew	2 ppl	3 ppl	4 ppl	
White onion	1	1	2	Piece
Carrot	1	1	2	Piece
Garlic cloves	3	4	6	Piece
Ginger	30	45	60	Grams
Chickpeas	480	480	720	Grams
Olive oil	3	4	6	Tbsp
Salt	0.5	0.5	1	Tsp
Turmeric powder	2	2	4	Grams
Water	300	400	500	ML
Vegetable stock cube 15*	1	1	2	Piece
Sambal oelek	20	30	45	Grams
Spinach	200	400	400	Grams
Coconut cream	400	400	800	Grams
Black pepper	0.5	0.5	1	Tsp
Lemon	1	1	2	Piece
Flatbreads				
Zaatar	15	15	20	Grams
Olive oil	2	2	4	Tbsp
Salt	0.5	0.5	1	Tsp
Arabic flatbread packet 10*, 11*	1	1	2	Piece

Allergens

*15 Celery, *10 Wheat, *11 Gluten

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide and Celery.**

Nutritional information	Per Serving*
Energy (kJ/kcal)	3608 / 1053
Fat (g)	48.9
of which saturates (g)	41.4
Carbohydrate (g)	131
of which sugars (g)	14.3
Fiber (g)	24.2
Protein (g)	28
Salt (g)	3.5

*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Prep

Preheat the oven to 200°C/180°C fan. Peel and finely chop the **onion** and **carrot**. Peel and grate the **garlic** and **ginger**. Drain and rinse the **chickpeas**.



2 Saute

Heat a large pan over a medium-low heat with a generous drizzle of **olive oil**. Once hot, add the **onion** and **carrot** with a pinch of **salt** and cook for 6–7 min until soft. Once soft, add the **garlic**, **ginger**, drained **chickpeas** and **turmeric** and cook for 3 min further.

Tip! Reserve some of the chickpeas for garnish.



3 Simmer

Add the **measured water**, **stock cube** and **sambal oelek (spicy!)** to the pan. Stew, covered, for 25 min.

Tip! Don't rush this step!



4 Make zaatar

Meanwhile, combine the **zaatar**, **olive oil** and **salt** in a small bowl. Slice {4/6/8} **Arabic breads** into triangles.



5 Bake breads

Place the triangles on a baking tray and spread with the **zaatar** mixture. Bake for 10 min until crisp.



6 Finish stew

Meanwhile, trim and roughly chop the **spinach**. After 25 min, crush at least half of the **chickpeas** with a fork. This will take a moment, but is necessary to thicken the stew. Add the **coconut cream** and **spinach** and cook, uncovered, for 5 min further. Finally, season with **salt**, **pepper** and a generous squeeze of **lemon** juice. Serve the **breads** alongside.