

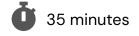




Chickpea and Potato Hash

with Lemon and Dill Yoghurt

A mixture of root vegetables and chickpeas, pan-fried with thyme and paprika. Tasty, yet simple, finished with rocket, and lemon dill yoghurt.





2 servings



Spice it up!

We have used plain paprika in this recipe. If you like a smoky taste, you can add some smoked paprika and add a little BBQ or chipotle based sauce as well.

Per serve: PROTEIN TOTAL FAT CARBOHYDRATES

eg 7

7g

65g

FROM YOUR BOX

MEDIUM POTATOES	2
SHALLOT	1
CAJUN SPICE MIX	1 packet
PARSNIP	1
CARROT	1
TINNED CHICKPEAS	400g
LEMON	1
DILL	1 packet
NATURAL YOGHURT	1 tub
ROCKET	60g

FROM YOUR PANTRY

oil for cooking, salt, pepper

KEY UTENSILS

frypan

NOTES

If the vegetables start to stick add a little more

Add 1 crushed garlic clove to yoghurt for extra flavour.

Family cajun spice mix: ground paprika, garlic powder, dried thyme, celery salt.





1. FRY THE POTATOES

Heat a large frypan over medium-high heat with oil. Dice potatoes into 2cm pieces and slice shallot, adding to pan as you go, along with cajun spice mix. Cook for 6-8 minutes.



2. ADD THE VEGETABLES

Trim and slice parsnip and carrot. Add to pan and cook for 10 minutes. Drain and add chickpeas (see notes). Cook for a further 5-7 minutes, stirring, until vegetables are tender and golden. Season to taste with salt and pepper.



3. MIX THE YOGHURT

Zest 1/2 lemon to yield 1/2 tsp, and juice to yield 1 tbsp (wedge remaining). Chop dill. Mix together with yoghurt. Season with salt and pepper (see notes).



Divide hash between bowls and top with rocket. Serve with a dollop of yoghurt and a lemon wedge.





