



HELLO
FRESH

Trinidadian Style Chickpea Doubles

with cucumber chutney and pineapple chow

Family Friendly

Preparation time : 20 min.



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Find the full recipe and preparation details online.
<https://hfresh.cottey.fr/en-IE/recipes/trinidadian-style-chickpea-doubles-449>

Detach me! _____

Before you start

Plan ahead by checking the use-by dates of your ingredients. Rinse fresh produce and prepare the quantities listed below.

Utensils

Sieve

Ingredients for 1-6 people

Ingredient	2p	4p	6p
Chickpeas (pack(s))	1	2	3
Lime (unit(s))	1	2	3
Curry Powder (sachet(s))	2	4	6
Vegetable Stock (sachet(s))	1	2	3
Mini Cucumber (unit(s))	1	2	3
Pineapple Chunks (pack(s))	1	2	3
Dried Chilli Flakes (sachet(s))	2	4	6
Salad Leaves (grams)	40	80	120
Black Garlic Paste (grams)	20	40	60
Lebanese Flatbread (unit(s))	4	8	12
Pomegranate Molasses (grams)	15	30	45
Garlic & Herbs (sachet(s))	1	2	3
Salt (to taste)	to taste	to taste	
Pepper (to taste)	to taste	to taste	
Oil (to taste)	to taste	to taste	
Sugar (to taste)	to taste	to taste	
Water (to taste)	to taste	to taste	

Add yourself

Salt, pepper, oil and water according to taste.

Nutritional values

Per serving	Amount
Energy (kj)	2953 kj
Energy (kcal)	706 kcal
Fat	16.4 g
of which saturates	2.4 g
Carbohydrate	108 g
of which sugars	12.3 g
Dietary Fiber	16.9 g
Protein	26.7 g
Cholesterol	0 mg
Salt	4 g

Allergens

Khorasan (wheat), May contain traces of allergens, Milk, Barley, Oats, Spelt (wheat), Cereals containing gluten, Kamut (wheat), Rye, Wheat, Mustard

Always check the product labels for allergen information.



Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Drain and rinse the **chickpeas** in a sieve.
- Halve the **lime**.



Make the Filling

- Place a pan over medium heat with a drizzle of **oil**.
- Add the **curry powder**, **garlic herbs** and **black garlic paste**. Stir-fry for 30 secs.
- Stir in the **chickpeas**, **stock**, **pomegranate molasses** and 75ml **water** (per 2P).
- Using the back of a fork, lightly crush roughly **half** the **chickpeas**.
- Bring to the boil, then lower the heat and cook until thickened, 2-3 mins. Remove from the heat and season with **salt** and **pepper**.



Prepare the Cucumber Chutney

- Next, trim and halve the **cucumber** widthways. Slice **one-half** into thin rounds and set aside.
- Halve the remaining **cucumber** lengthways. Using a teaspoon, scoop out and discard the seeds, then coarsely grate.
- Pop the grated **cucumber** into a small bowl.
- Squeeze some **lime** juice over the grated **cucumber**. Season with **salt** and **pepper**, then toss to coat.



Mix the Pineapple Chow

- Pop the **pineapple** into a separate small bowl.
- Add the **chilli flakes** (use less if you don't like spice) and a squeeze of **lime** juice.
- Season with **salt** and **pepper**. Set your chow aside for now.



Warm the Flatbread

- Place **flatbreads** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.
- Meanwhile, in a medium bowl, combine 1 tsp sugar (per 2P) 1 tbsp oil (per 2P) with a good squeeze of lime juice.
- Season the dressing with salt and pepper.
- Just before serving, add the **salad leaves** and **cucumber** rounds to the dressing and toss to coat.



Assemble and Serve

- Once everything's ready, transfer the **flatbreads** to your plate.
- Pile the **chickpeas** onto **one-half** of each **flatbread**.
- Spoon over the **cucumber** chutney, then fold over the **flatbreads** to sandwich shut.
- Serve the **chickpea** doubles with the **pineapple** chow and **cucumber** salad alongside.

Enjoy your meal!