



Cooking Made Easy

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Roasted Sweet Potatoes with Crispy Spiced Chickpeas



Humble chickpeas are upgraded to a whole new level with a quick roast in the oven. Creamy, lemony hummus and roasted sweet potato provide the ideal vehicle for these crispy gems. They might be your new go-to snack!



35 min



level 1



gluten free



nut free



vegan



Sweet Potato



Lemon



Coriander



Grape Tomatoes



Parsley



Paprika



Arugula



Hummus



Cumin



Chickpeas

Ingredients	2 People	4 People
Sweet Potatoes	2	4
Hummus	¼ C	½ C
Chickpeas	1 can	2 cans
Parsley	1 bunch	2 bunch
Lemon	1	2
Cumin	1 t	2 t
Coriander	1 t	2 t
Paprika	1 t	2 t
Grape Tomatoes	1 bunch	2 bunches
Arugula	2 oz	4 oz
Olive Oil*	2 T	4 T

*Not Included

Allergens
(None)

Tools
Bowl, Strainer
Baking Sheet

Ruler

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Nutrition per person Calories: 668 cal | Carbs: 124 g | Fat: 14 g | Protein: 20 g | Fiber: 26 g



1 Preheat oven to 400 degrees. Halve **sweet potatoes** lengthwise, then drizzle with ½ tablespoon **olive oil** and season with **salt** and **pepper**. Place cut side-down on a baking sheet and bake for 30 minutes, until very tender.



2 Meanwhile, drain, rinse, and thoroughly dry **chickpeas**. Halve the **lemon** and **grape tomatoes**. Chop the **parsley**.



3 Toss **chickpeas** with ½ tablespoon **olive oil**, **cumin**, **paprika**, **coriander**, **salt**, and **pepper**. Add to the baking sheet with the sweet potatoes and roast 20 minutes, until crispy.



4 Meanwhile, mix together **hummus** and juice of ½ the **lemon**. Season with **salt** and **pepper** and thin to a sauce-like consistency with **water**.

5 In a bowl, combine **arugula** with **remaining lemon juice**, **olive oil**, **salt** and **pepper**.

6 Mash the **sweet potatoes** lightly. Serve over **arugula** and top with roasted **chickpeas**, **hummus dressing**, **tomatoes**, and **parsley**.

Tip Think of a potato (or sweet potato!) as a blank canvas! Their neutral flavor is the perfect base for any variety of toppings your family can dream up.