



**READY TO COOK**  
BY HARRIS FARM

CREATE THIS MEAL WITH...  
**DAVE'S RECIPE BOX**

# FETA, KALE & CHICKPEAS POCKETS



PREP  
**15 min**



COOK  
**25 min**



SERVES  
**4**

## INGREDIENTS:

- > 200 Tzatziki
- > 200g Hummus
- > 200g Danish Feta
- > 1 Lebanese Bread x 7
- > 400g Chickpeas
- > 1 Tsp Ground Cumin
- > ½ Kale Bunch
- > 1 Red Onion
- > 200g Tomatoes
- > 1 Lebanese cucumber
- > 1 Lemon
- > 2 Garlic Cloves

## WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Salt and Pepper
- > Olive Oil



# METHOD – GET COOKING!



**1** **Finely slice** the **red onion and garlic**, reserve  $\frac{1}{4}$  of the raw onion for the salad and the rest for cooking. **Cut the tomatoes in half, slice the cucumber into thin disks. Tear the kale leaves off the hard stem. Wash, dry and chop** the leaves.

**2** **Bring a large frying pan to a high heat and drizzle olive oil. Add the kale leaves**, making sure not to overcrowd the pan, and **sauté** for 2 minutes **until vibrant green and soft.**

**Repeat until all kale is cooked and then set aside.**

**3** **In the same frying pan, drizzle olive oil and add the garlic and onions. Cook** for 3 minutes **until golden.** Then **add the ground cumin and cook** for a further 2 minutes.

**Open and drain the chickpeas. Add them to the pan, stir and cook** on a low heat for 2 minutes.

**Season with salt and pepper and set aside.**

**4** **Add the tomatoes and the cucumber disks into a mixing bowl. Add the reserved sliced red onion, the tzatziki. Season with salt and pepper, and mix through well and set aside.**

**Drain the feta cheese and crumble it into a separate bowl.**

**5** **Build the pockets by spreading  $1\frac{1}{2}$  Tbsp of hummus over the Lebanese bread. Add some kale leaves,  $1\frac{1}{2}$  Tbsp of the chickpeas and a sprinkle of feta cheese.**

**Fold in half and cook in a hot frying pan with a little olive oil for 1-2 minutes on each side until golden brown.**

**Repeat with the rest of ingredients to make more pockets. Serve hot with a tomato yoghurt salad and a squeeze of fresh lemon juice.**

## CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Do not overcrowd the pan while cooking the kale. It is better to do it in 2 or 3 batches.
- Use leftover Cumin on any Mediterranean dish.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



## FEEDBACK OR QUESTIONS?

Shoot us an email at:  
[online@harrisfarm.com.au](mailto:online@harrisfarm.com.au)