



Middle Eastern Tomato & Chickpea Stew

with Couscous, Almonds & Parsley

NEW

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Green Beans



Chickpeas



Couscous



Vegetable Stock Powder



Chermoula Spice Blend



Passata



Plant-Based Cooking Cream



Baby Spinach Leaves



Flaked Almonds



Parsley



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based[^]

[^]Custom Recipe is not Plant Based



Eat Me Early*

*Custom Recipe only

When we first tried this bright burst of goodness, we all agreed it had that "hug in a bowl" kind of feeling. There's wholesome chickpeas, sweet potato and baby spinach, plus a sublime, lightly spiced and plant-based creamy sauce that soaks into the couscous. Plate up and enjoy!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
garlic	3 cloves	6 cloves
green beans	1 small bag	1 medium bag
chickpeas	1 packet	2 packets
couscous	1 medium packet	1 large packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
chermoula spice blend	1 large sachet	2 large sachets
passata	1 box	2 boxes
plant-based cooking cream	½ packet	1 packet
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3039kJ (726Cal)	505kJ (121Cal)
Protein (g)	24.2g	4g
Fat, total (g)	27.4g	4.6g
- saturated (g)	4.5g	0.7g
Carbohydrate (g)	87.4g	14.5g
- sugars (g)	20g	3.3g
Sodium (mg)	1839mg	305mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3776kJ (902Cal)	492kJ (118Cal)
Protein (g)	59.1g	7.7g
Fat, total (g)	31.3g	4.1g
- saturated (g)	5.7g	0.7g
Carbohydrate (g)	87.4g	11.4g
- sugars (g)	20g	2.6g
Sodium (mg)	1918mg	250mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Roast the sweet potato

- Preheat the oven to **240°C/220°C fan-forced**.
- Cut **sweet potato** into bite-sized chunks. Place **sweet potato** on a lined oven tray.
- Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Spread out evenly, then roast until tender, **20-25 minutes**.



Start the stew

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **green beans**, stirring occasionally, until softened, **2-3 minutes**.
- Add **garlic** and **chermoula spice blend** and cook until fragrant, **1 minute**.

Custom Recipe: Before cooking the green beans, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Transfer to a bowl. Continue with the step.



Get prepped

- Meanwhile, boil the kettle.
- Finely chop **garlic**.
- Trim and halve **green beans**.
- Drain **chickpeas**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Finish the stew

- Add **passata**, **plant-based cooking cream** (see ingredients), **chickpeas**, the **plant-based butter** and the **brown sugar**. Stir to combine.
- Bring to a boil then reduce heat to medium-low and simmer until reduced slightly, **6-8 minutes**.
- Stir through **roasted sweet potato** and **baby spinach leaves** until wilted, **1 minute**. Season to taste.

Custom Recipe: Return chicken to the pan along with the sweet potato and baby spinach.



Cook the couscous

- In a medium heatproof bowl, add **couscous** and **vegetable stock powder**. Add the **boiling water** (¾ cup for 2 people / 1½ cups for 4 people) and stir to combine.
- Immediately cover with plate and leave for **5 minutes**. Fluff up with fork and set aside.



Serve up

- Divide couscous between bowls. Top with chermoula tomato chickpea stew.
- Sprinkle over **flaked almonds** and tear over **parsley** to serve. Enjoy!

Rate your recipe

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