



Middle Eastern Chickpea & Green Bean Stew

with Easy-Prep Pumpkin Couscous & Almonds

NEW

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Garlic



Green Beans



Chickpeas



Couscous



Chermoula Spice Blend



Diced Tomatoes with Garlic & Onion



Plant-Based Cooking Cream



Vegetable Stock Pot



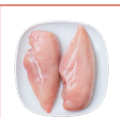
Baby Spinach Leaves



Flaked Almonds



Parsley



Chicken Breast

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

Eat Me Early*
*Custom Recipe only

Plant Based^
^Custom Recipe is not Plant Based

This hearty number tastes truly as spectacular as it looks. Superstar couscous forms the foundations, giving Tunisian-inspired chickpeas something to really soak into and with some bright green beans and pumpkin throughout, each spoonful is sure to put a smile on your dial!

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
peeled & chopped pumpkin	1 small bag	1 medium bag
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
boiling water*	¾ cup	1½ cups
chermoula spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
plant-based cooking cream	½ medium packet	1 medium packet
vegetable stock pot	1 packet (20g)	2 packets (40g)
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)	3073kJ (734Cal)	437kJ (104Cal)
Protein (g)	25.5g	3.6g
Fat, total (g)	28.9g	4.1g
- saturated (g)	4.8g	0.7g
Carbohydrate (g)	85.5g	12.2g
- sugars (g)	25.3g	3.6g
Sodium (mg)	2231mg	317mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3809kJ (910Cal)	439kJ (105Cal)
Protein (g)	60.4g	7g
Fat, total (g)	32.7g	3.8g
- saturated (g)	6.1g	0.7g
Carbohydrate (g)	85.5g	9.8g
- sugars (g)	25.3g	2.9g
Sodium (mg)	2310mg	266mg

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 pumpkin

- Preheat the oven to **220°C/200°C fan-forced**. Place **peeled & chopped pumpkin** 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

- Heat a large frying pan over medium-high heat with a drizzle of **olive oil**. 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 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.



Get prepped

- While the pumpkin is roasting, 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 **diced tomatoes with garlic & onion**, **plant-based cooking cream**, **chickpeas**, **vegetable stock pot**, the **plant-based butter** and the **brown sugar** and mix well to combine.
- Bring to the boil, then reduce the heat to medium-low and simmer until the stew has reduced slightly, **6-8 minutes**.
- Stir through **roasted pumpkin** and **baby spinach leaves** until combined and wilted. Season with **pepper**.

Custom Recipe: Return chicken to the pan along with the roasted pumpkin and baby spinach.



Cook the couscous

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



Serve up

- Divide the couscous between bowls. Top with the Middle Eastern chickpea and green bean stew.
- Sprinkle over **flaked almonds** and tear over **parsley** to serve. Enjoy!

Rate your recipe

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