



Chermoula Chickpeas & Sweet Potato

with Couscous & Fetta-Yoghurt Sauce

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



- Sweet Potato
- Red Onion
- Garlic
- Baby Spinach Leaves
- Chickpeas
- Snacking Tomatoes
- Vegetable Stock Powder
- Couscous
- Fetta Cubes
- Greek-Style Yoghurt
- Chermoula Spice Blend
- Tomato Paste
- Parsley
- Flaked Almonds
- Chicken Breast

Prep in: 25-35 mins
Ready in: 35-45 mins

Eat Me Early*
*Custom Recipe only

Mild Moroccan spices mingle with hearty chickpeas in a sweet, velvety tomato sauce in this surprisingly simple vegetarian meal. Topped with a fetta-spiked yoghurt for tang and creaminess, plus flaked almonds for crunch, there's nothing missing here!

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

Pantry items

Olive Oil, Vinegar (White Wine or Rice Wine), 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 · Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
red onion	1	2
vinegar* (white wine or rice wine)	¼ cup	½ cup
garlic	3 cloves	6 cloves
baby spinach leaves	1 small bag	1 medium bag
chickpeas	1 packet	2 packets
snacking tomatoes	1 punnet	2 punnets
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
tomato paste	1 packet	2 packets
parsley	1 bag	1 bag
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3055kJ (730Cal)	446kJ (107Cal)
Protein (g)	27.6g	4g
Fat, total (g)	26.6g	3.9g
- saturated (g)	10.4g	1.5g
Carbohydrate (g)	87.3g	12.8g
- sugars (g)	22.2g	3.2g
Sodium (mg)	1443mg	211mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3791kJ (906Cal)	446kJ (107Cal)
Protein (g)	62.5g	7.4g
Fat, total (g)	30.5g	3.6g
- saturated (g)	11.6g	1.4g
Carbohydrate (g)	87.3g	10.3g
- sugars (g)	22.2g	2.6g
Sodium (mg)	1522mg	179mg

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](https://www.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



1



Roast the sweet potato

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

4



Cook the chickpeas

- Return frying pan to medium-high heat with a drizzle of **olive oil**. Cook remaining **onion**, stirring, until softened, **3-4 minutes**.
- Add **chermoula spice blend** and cook until fragrant, **1 minute**. Add **chickpeas** and cook, stirring, until softened, **2-3 minutes**.
- Add the **butter**, the **brown sugar** and **tomato paste**, stirring to combine. Simmer until thickened, **2-3 minutes**. Season to taste. Stir through roasted **sweet potato**.

TIP: Add a dash of water to loosen the mixture, if you'd like!

Custom Recipe: Cook chicken breast with onion. Continue with step as above.

2



Get prepped

- While sweet potato is roasting, thinly slice **red onion**.
- In a small bowl, combine the **vinegar** and a good pinch of **sugar** and **salt**. Scrunch half the **onion** in your hands, then add it to the **pickling liquid**. Add enough water to just cover **onion**, then set aside.
- Finely chop **garlic**. Roughly chop **baby spinach leaves**.
- Drain and rinse **chickpeas**.
- Halve **snacking tomatoes**.

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

5



Bring it all together

- While chickpea mixture is simmering, roughly chop **parsley**.
- Drain pickled **onion**.
- In a medium bowl, combine **parsley**, **pickled onion**, **snacking tomatoes** and a drizzle of **olive oil**. Season to taste and set aside.
- To the saucepan with couscous, stir through **baby spinach**. Season to taste.

3



Make the couscous & sauce

- In a medium saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook half the **garlic**, until fragrant, **1 minute**.
- Add the **water** and **vegetable stock powder** and bring to the boil. Add **couscous** and another drizzle of **olive oil**. Stir to combine, cover with a lid and remove from heat. Set aside until water is absorbed, **5 minutes**.
- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook remaining **garlic**, stirring, until fragrant, **1 minute**. Transfer to a small bowl.
- Add **fetta cubes**, mashing to combine. Stir in **Greek-style yoghurt**. Season with **pepper**.
- Fluff **couscous** up with a fork and set aside.

6



Serve up

- Divide couscous between bowls. Top with chermoula-spiced chickpeas and sweet potato and a helping of salad.
- Dollop over the fetta-yoghurt sauce. Sprinkle with **flaked almonds** to serve. Enjoy!

Rate your recipe

We need your expertise!

Let our Culinary team know what you thought: [hellofresh.com.au/rate](https://www.hellofresh.com.au/rate)