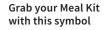


Chermoula Chickpeas & Sweet Potato

with Couscous & Fetta-Yoghurt Sauce

CLIMATE SUPERSTAR







Sweet Potato











Snacking Tomatoes



Vegetable Stock





Fetta Cubes



Greek-Style

Tomato Paste



Chermoula Spice





Parsley





Pantry items



Olive Oil, Vinegar (White Wine or Rice Wine), Butter, Brown Sugar

Ready in: 35-45 mins Eat Me Early* *Custom Recipe only

Prep in: 25-35 mins

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!

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)	1/4 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 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 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.



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.



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 vou'd like!

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

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.



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.



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!

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