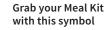


# Middle-Eastern Tomato & Chickpea Stew

with Couscous, Almonds & Parsley

CUSTOMER FAVOURITE

CLIMATE SUPERSTAR







Sweet Potato





Green Beans







Vegetable Stock Powder



Chermoula Spice





Cooconut Milk





Flaked Almonds





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

Plant-Based^ ^Custom Recipe is not Plant-Based \*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 coconut sauce that soaks into the couscous. Plate up and enjoy!

**Pantry items** Olive Oil

### 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**

9				
	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* (for the couscous)	¾ cup	1½ cups		
chermoula spice blend	1 large sachet	2 large sachets		
passata	1 packet	2 packets		
coconut milk	1 packet	2 packets		
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	2 small packets OR 1 large packet		

<sup>\*</sup>Pantry Items \*\*Custom Recipe Ingredient

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2908kJ (695Cal)	462kJ (110Cal)
Protein (g)	25.3g	4g
Fat, total (g)	24.7g	3.9g
- saturated (g)	15.8g	2.5g
Carbohydrate (g)	84.8g	13.5g
- sugars (g)	18.1g	2.9g
Sodium (mg)	1782mg	283mg

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3661kJ (875Cal)	461kJ (110Cal)
Protein (g)	59.2g	7.5g
Fat, total (g)	29.5g	3.7g
- saturated (g)	17.2g	2.2g
Carbohydrate (g)	84.8g	10.7g
- sugars (g)	18.1g	2.3g
Sodium (mg)	1866mg	235mg

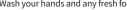
The quantities provided above are averages only.

## 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!





## 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 generously with olive oil, season with salt and pepper and toss to coat.
- Spread out evenly, then roast until tender, 20-25 minutes.



## 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.



#### Cook the couscous

- In a medium heatproof bowl, add couscous and vegetable stock powder. Add the boiling water (3/4 cup for 2 people / 11/2 cups for 4 people) and stir to combine.
- Immediately cover with plate and leave for **5 minutes**. Fluff up with fork and set aside.



## Start the stew

- Heat a large frying pan over medium-high heat with a drizzle of olive oil. Cook green beans and chickpeas, stirring occasionally, until softened, 3-4 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.



### Finish the stew

- · Add passata and coconut milk, stir to combine then bring to a boil.
- · Reduce heat to medium-low and simmer until reduced slightly, 5-6 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 leaves.



## Serve up

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



Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate



