



# Middle-Eastern Tomato & Chickpea Stew

with Couscous, Almonds & Parsley

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Sweet Potato



Garlic



Green Beans



Chickpeas



Couscous



Vegetable Stock Powder



Chermoula Spice Blend



Passata



Coconut Milk



Baby Spinach Leaves



Flaked Almonds



Parsley



Chicken Breast

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



Plant-Based<sup>^</sup>  
<sup>^</sup>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 coconut 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

## 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
<b>olive oil*</b>	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
<b>boiling water*</b>	¾ cup	1½ cups
chermoula spice blend	1 large sachet	2 large sachets
passata	1 box	2 boxes
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

\*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)	15.9g	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)	17.3g	2.2g
Carbohydrate (g)	85g	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](https://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



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## 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**.

4



## 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.

2



## 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.

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## 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.

3



## 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.

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## Serve up

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

**Custom Recipe:** Top couscous with chermoula chicken and tomato chickpea stew to serve.

## Rate your recipe

Did we make your tastebuds happy?

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