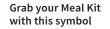


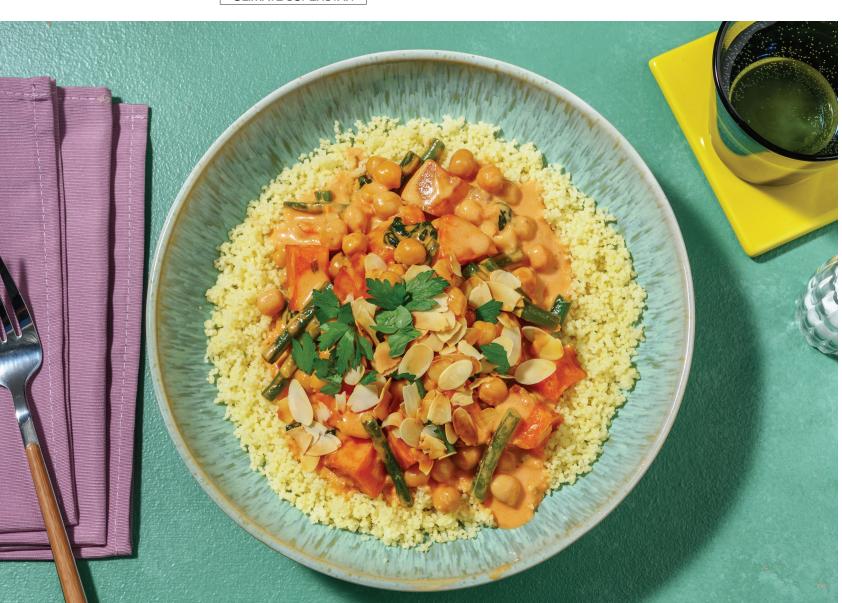
Middle-Eastern Tomato & Chickpea Stew

with Couscous, Almonds & Parsley

CLIMATE SUPERSTAR









Sweet Potato





Green Beans











Chermoula Spice









Flaked Almonds





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

*Custom Recipe only Plant-Based^ ^Custom Recipe is not Plant-Based

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

| 2 People | |
|-----------------|---|
| 2 reopie | 4 People |
| refer to method | refer to method |
| 1 | 2 |
| 3 cloves | 6 cloves |
| 1 small bag | 1 medium bag |
| 1 packet | 2 packets |
| 1 medium packet | 1 large packet |
| 1 medium sachet | 1 large sachet |
| ¾ cup | 1½ cups |
| 1 large sachet | 2 large sachets |
| 1 box | 2 boxes |
| 1 packet | 2 packets |
| 1 small bag | 1 medium bag |
| 1 medium packet | 1 large packet |
| 1 bag | 1 bag |
| 1 small packet | 2 small packets OR 1 large packet |
| | refer to method 1 3 cloves 1 small bag 1 packet 1 medium packet 1 medium sachet 3/4 cup 1 large sachet 1 box 1 packet 1 small bag 1 medium 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 Pacina | | |

| 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.





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 (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.



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!

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

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

Scan here if you have any questions or concerns