



Middle Eastern Chickpea & Tomato Stew

with Carrot-Currant Couscous & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Zucchini



Baby Spinach Leaves



Carrot



Chickpeas



Mint



Chermoula Spice Blend



Diced Tomatoes With Onion & Garlic



Vegetable Stock Powder



Couscous



Currants



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast

Prep in: 25-35 mins
Ready in: 40-50 mins

Eat Me Early*
*Custom Recipe only

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

With a little help from our chermoula spice blend, this veggie-loaded stew definitely delivers in the flavour department. Served with a slightly sweet and earthy couscous, and topped with a creamy mint yoghurt and a sprinkle of almonds, it's a textural treat, too.

Pantry items

Olive Oil, 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

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
zucchini	1	2
baby spinach leaves	1 medium packet	1 large packet
carrot	½	1
chickpeas	1 packet	2 packets
mint	1 packet	1 packet
chermoula spice blend	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	1 packet	2 packets
water* (for the sauce)	¼ cup	½ cup
vegetable stock powder	1 large sachet	2 large sachets
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water* (for the couscous)	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
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)	2742kJ (655Cal)	389kJ (93Cal)
Protein (g)	27.1g	3.8g
Fat, total (g)	19.4g	2.8g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	83.5g	11.9g
- sugars (g)	26.5g	3.8g
Sodium (mg)	3563mg	506mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3457kJ (826Cal)	398kJ (95Cal)
Protein (g)	63.7g	7.3g
Fat, total (g)	21.8g	2.5g
- saturated (g)	9g	1g
Carbohydrate (g)	83.7g	9.6g
- sugars (g)	26.5g	3g
Sodium (mg)	3634mg	418mg

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.



Get prepped

- Finely chop **garlic**.
- Roughly chop **zucchini** and **baby spinach** leaves.
- Grate **carrot** (see ingredients).
- Drain and rinse **chickpeas**.
- Pick and finely slice **mint** leaves.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks and only drain half the chickpeas.



Cook the carrot couscous

- While the stew is simmering, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and remaining **garlic** until softened, **2-3 minutes**.
- Add the **water (for the couscous)** and remaining **vegetable stock powder** and bring to the boil.
- Add **couscous** and **currants**, stirring to combine. Cover with a lid, then remove from heat. Leave until water is absorbed, **5 minutes**. Fluff up with a fork.



Start the stew

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chickpeas** and **zucchini**, stirring, until zucchini is softened, **3-4 minutes**.
- Add **chermoula spice blend** and half the **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: Cook chicken with chickpeas and zucchini until chicken is browned and cooked through (when no longer pink inside), 5-6 minutes. Continue as above.



Make the mint yoghurt

- In a small bowl, combine **Greek-style yoghurt**, a drizzle of **olive oil** and half the **mint**. Season to taste.



Finish the stew

- Add **diced tomatoes with onion & garlic**, the **water (for the sauce)** and half the **vegetable stock powder**. Stir to combine. Simmer until sauce is slightly thickened, **2-4 minutes**.
- Add **baby spinach**, the **butter** and **brown sugar** and stir until spinach is wilted, **1 minute**.
- Season with **salt** and **pepper**.



Serve up

- Divide carrot-currant couscous between bowls.
- Spoon over Middle Eastern chickpea and tomato stew.
- Top with a dollop of mint yoghurt.
- Sprinkle with **flaked almonds** and remaining mint to serve. Enjoy!

Custom Recipe: Top carrot-currant couscous with Middle Eastern chicken, chickpea and tomato stew.

We're here to help!

Scan here if you have any questions or concerns

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