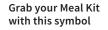


# Middle-Eastern Chickpea Stew

with Couscous, Almonds & Chilli Flakes

CLIMATE SUPERSTAR









Sweet Potato





Green Beans



Couscous

Vegetable Stock



Chermoula Spice





Coconut Milk



**Baby Spinach** 



Flaked Almonds







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



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  $\cdot$  Large saucepan  $\cdot$  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 packet	1 medium packet
chickpeas	1 medium packet	2 medium packets
couscous	1 medium packet	1 large packet
vegetable stock powder	1 large sachet	2 large sachets
boiling water*	¾ cup	1½ cups
chermoula spice blend	1 large sachet	2 large sachets
passata	1 packet	2 packets
coconut milk	1 medium packet	2 medium packets
baby spinach leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
chilli flakes ∮ (optional)	pinch	pinch
beef rump**	1 medium packet	2 medium packets OR 1 large packet

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

## **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2937kJ (702Cal)	468kJ (112Cal)
Protein (g)	25.3g	4g
Fat, total (g)	24.9g	4g
- saturated (g)	15.9g	2.5g
Carbohydrate (g)	86g	13.7g
- sugars (g)	18.7g	3g
Sodium (mg)	2203mg	351mg
Dietary Fibre (g)	22.8g	3.6g

#### **Custom Recipe**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	<b>3612kJ</b> (863Cal)	465kJ (111Cal)
Protein (g)	55.9g	7.2g
Fat, total (g)	29.1g	3.7g
- saturated (g)	17.4g	2.2g
Carbohydrate (g)	86g	11.1g
- sugars (g)	18.7g	2.4g
Sodium (mg)	2278mg	293mg
Dietary fibre	22.8g	2.9g

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

2024 | CW21



# 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 beef rump, only drain half the chickpeas. Season beef with salt and pepper (if your beef is more than 4cm thick, cut in half horizontally before seasoning).



## Cook the couscous

- In a medium heatproof bowl, add couscous and half the 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 the green beans, in a large frying pan, heat a drizzle of olive oil over high heat. When oil is hot, cook the beef, turning, for 4-6 minutes (depending on thickness), or until cooked to your liking. Transfer to a plate to rest. Continue as above.



# Finish the stew

- Add passata, the remaining vegetable stock powder 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 with pepper.



# Serve up

- Divide couscous between bowls. Top with Middle Eastern chickpea stew.
- Sprinkle over flaked almonds and chilli flakes (if using) to serve. Enjoy!

**Custom Recipe:** Slice beef. Divide couscous between bowls. Top with Middle Eastern beef and chickpea stew.



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