



Middle-Eastern Chickpea Stew

with Couscous, Almonds & Chilli Flakes

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



Chilli Flakes (Optional)



Beef Rump

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



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!

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 saucepan · Large frying pan

Ingredients

	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

*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)	3612kJ (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



1



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 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.

2



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).

5



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**.

3



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.

6



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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