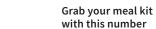


# Middle Eastern Chickpea Stew

with Couscous, Almonds & Chilli Flakes

CLIMATE SUPERSTAR









Sweet Potato





Green Beans

Chickpeas





Couscous

Chermoula Spice



**Diced Tomatoes** 



with Onion & Garlic

Coconut Milk





**Baby Spinach** Leaves

Flaked Almonds



Chilli Flakes (Optional)



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



**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 hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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 packet	2 packets	
couscous	1 medium packet	1 large packet	
salt*	1/4 tsp	½ tsp	
boiling water*	¾ cup	1½ cups	
chermoula spice blend	1 large sachet	2 large sachets	
diced tomatoes with onion & garlic	½ packet	1 packet	
coconut milk	1 packet	2 packets	
baby spinach leaves	1 small packet	1 medium packet	
flaked almonds	1 medium packet	1 large packet	
chilli flakes ∮ (optional)	pinch	pinch	

#### \*Pantry Items

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2991kJ (715Cal)	473kJ (113Cal)
Protein (g)	26g	4.1g
Fat, total (g)	25.7g	4.1g
- saturated (g)	16.8g	2.7g
Carbohydrate (g)	86.6g	13.7g
- sugars (g)	19.3g	3.1g
Sodium (mg)	2202mg	348mg
Dietary Fibre (g)	23.1g	3.7g

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.



#### Cook the couscous

- In a medium heatproof bowl, add couscous and the salt. 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**.



#### Finish the stew

- Add diced tomatoes with onion & garlic (see ingredients) 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!







Cut into bite-sized pieces. Cook with veggies until cooked through, 4-6 minutes.



Cook, turning, for 4-6 minutes for medium. Rest then slice before serving. If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

