



Middle Eastern Chickpea Stew

with Couscous, Almonds & Chilli Flakes

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Sweet Potato



Garlic



Green Beans



Chickpeas



Couscous



Chermoula Spice Blend



Diced Tomatoes with Onion & Garlic



Coconut Milk



Baby Spinach Leaves



Flaked Almonds



Chilli Flakes (Optional)



Chicken Breast



Beef Rump

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

	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*	¼ 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.

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**.

2



Get prepped

- Meanwhile, boil the kettle.
- Finely chop **garlic**.
- Trim and halve **green beans**.
- Drain **chickpeas**.

3



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.

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**.

5



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**.

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!

We're here to help!

Scan here if you have any questions or concerns

2024 | CW31



CUSTOM OPTIONS

+ ADD CHICKEN BREAST

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

+ ADD BEEF RUMP

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.

