



Middle-Eastern Chickpea & Kale Stew

with Couscous, Almonds & Chilli Flakes

CLIMATE SUPERSTAR

Grab your meal kit with this number

30



Sweet Potato



Garlic



Kale



Chickpeas



Couscous



Trimmed Green Beans



Chermoula Spice Blend



Passata



Coconut Milk



Flaked Almonds



Chilli Flakes (Optional)



Beef Rump



Chicken Breast

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 kale, 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
kale	1 medium packet	2 medium packets
chickpeas	1 packet	2 packets
couscous	1 medium packet	1 large packet
boiling water* (for the couscous)	¾ cup	1½ cups
trimmed green beans	1 medium packet	1 large packet
chermoula spice blend	1 large sachet	2 large sachets
passata	1 packet	2 packets
coconut milk	1 packet	2 packets
flaked almonds	1 medium packet	1 large packet
chilli flakes (optional)	pinch	pinch

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2987kJ (714cal)	225kJ (54cal)
Protein (g)	26.9g	2g
Fat, total (g)	25.7g	1.9g
- saturated (g)	16.8g	1.3g
Carbohydrate (g)	85.3g	6.4g
- sugars (g)	18.9g	1.4g
Sodium (mg)	2226mg	168mg
Dietary Fibre (g)	25g	1.9g

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](https://www.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**.
- Tear **kale** leaves from the stems then discard stems.
- Drain **chickpeas**.



Cook the couscous

- In a medium heatproof bowl, add **couscous**. 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 **trimmed green beans** and **chickpeas**, stirring occasionally, until softened, **3-4 minutes**.
- Add **garlic**, **chermoula spice blend** and **kale** and cook, until fragrant, **1 minute**.



Finish the stew

- Add **passata** and **coconut milk**, stirring 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**, until combined, **1 minute**. Season with **pepper**.



Serve up

- Divide couscous between bowls. Top with Middle-Eastern chickpea and kale 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 | CW37



CUSTOM OPTIONS

+ ADD BEEF RUMP

Cook, turning, for 4-6 minutes for medium. Rest then slice before serving.

+ ADD CHICKEN BREAST

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

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

