

Middle Eastern Chickpea & Tomato Stew

with Carrot-Currant Couscous & Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Garlic



Zucchini



Baby Spinach Leaves



Carrot



Chickpeas



Mint



Chermoula Spice Blend



Diced Tomatoes With Onion & Garlic



Couscous



Currants



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast



Fetta Cubes

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart

With a little help from our chermoula spice blend, this veggie-loaded stew definitely delivers in the flavour department. Served with a slightly sweet and earthy couscous and topped with a creamy mint yoghurt and a sprinkle of almonds, it's a textural treat, too.

Pantry items

Olive Oil, Butter, Brown Sugar

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

Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
zucchini	1	2
baby spinach leaves	1 medium packet	1 large packet
carrot	½	1
chickpeas	1 packet	2 packets
mint	1 packet	1 packet
chermoula spice blend	1 medium sachet	1 large sachet
diced tomatoes with onion & garlic	1 packet	2 packets
water* (for the sauce)	¼ cup	½ cup
salt*	¼ tsp	½ tsp
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water* (for the couscous)	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2692kJ (643Cal)	390kJ (93Cal)
Protein (g)	26.1g	3.8g
Fat, total (g)	19.2g	2.8g
- saturated (g)	8.2g	1.2g
Carbohydrate (g)	81.3g	11.8g
- sugars (g)	26.1g	3.8g
Sodium (mg)	3549mg	515mg
Dietary Fibre (g)	21.4g	3.1g

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



Get prepped

- Finely chop **garlic**.
- Roughly chop **zucchini** and **baby spinach leaves**.
- Grate **carrot** (see ingredients).
- Drain and rinse **chickpeas**.
- Pick and finely slice **mint** leaves.



Cook the carrot couscous

- While the stew is simmering, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and remaining **garlic**, stirring, until softened, **2-3 minutes**.
- Add the **water (for the couscous)** and bring to the boil.
- Add **couscous** and **currants**, stirring to combine. Cover with a lid, then remove from heat. Leave until water is absorbed, **5 minutes**. Fluff up with a fork.



Start the stew

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chickpeas** and **zucchini**, tossing, until zucchini is softened, **3-4 minutes**.
- Add **chermoula spice blend** and half the **garlic** and cook until fragrant, **1 minute**.



Make the mint yoghurt

- In a small bowl, combine **Greek-style yoghurt**, a drizzle of **olive oil** and half the **mint**. Season to taste.



Finish the stew

- Add **diced tomatoes with onion & garlic**, the **water (for the sauce)** and **salt**. Stir to combine. Simmer until sauce is slightly thickened, **2-4 minutes**.
- Add **spinach**, the **butter** and **brown sugar** and stir until spinach is wilted, **1 minute**.
- Season with **pepper**.



Serve up

- Divide carrot-couscous between bowls.
- Spoon over Middle Eastern chickpea and tomato stew.
- Top with a dollop of mint yoghurt.
- Sprinkle with **flaked almonds** and remaining mint to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN BREAST

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



ADD FETTA CUBES

Crumble over plated meal to serve.

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

