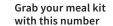


Chermoula Chickpea & Veggie Medley

with Couscous, Almonds & Chilli Flakes

CLIMATE SUPERSTAR











Green Beans









Vegetable Stock

Chermoula Spice





Coconut Milk



Chilli Flakes Flaked Almonds

(Optional)







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
green beans	1 small packet	1 medium packet
chickpeas	1 packet	2 packets
couscous	1 medium packet	1 large packet
boiling water*	¾ cup	1½ cups
vegetable stock pot	1 small packet	1 medium 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)	2934kJ (450cal)	450kJ (69cal)
Protein (g)	26.2g	4g
Fat, total (g)	24.9g	3.8g
- saturated (g)	15.9g	2.4g
Carbohydrate (g)	84.7g	13g
- sugars (g)	18.3g	2.8g
Sodium (mg)	2227mg	341.6mg
Dietary Fibre (g)	24.7g	3.8g

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.
- Tear **kale leaves** from the stems then discard stems.
- Trim and halve green beans.
- · Drain chickpeas.



Cook the couscous

- In a medium heatproof bowl, add couscous.
- Add the **boiling water** (3/4 cup for 2 people / 1½ cups for 4 people) and half the **vegetable** stock pot. 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, chermoula spice blend and kale and cook until fragrant, 1 minute.



Finish the stew

- · Add passata, the remaining vegetable stock pot 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 until combined, 1 minute. Season with pepper.



Serve up

- Divide couscous between plates.
- Top with chermoula chickpea and veggie
- · Sprinkle over flaked almonds and chilli flakes (if using) to serve. Enjoy!







Cook, turning, for 3-4 minutes for medium-rare. Rest then slice before serving.



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.

