



Chermoula Chickpea & Veggie Stew

with Freekeh, Garlic Yoghurt & Almonds

Grab your Meal Kit with this symbol



Freekeh



Carrot



Cauliflower



Garlic



Brown Onion



Chickpeas



Greek-Style Yoghurt



Chermoula Spice Blend



Diced Tomatoes With Garlic & Onion



Coconut Milk



Vegetable Stock Pot



Baby Spinach Leaves



Parsley



Flaked Almonds

Hands-on: 35-45 mins
Ready in: 40-50 mins

Take chickpea stew to the next level by adding creamy coconut milk, plus sweet and earthy roasted veggies. Serve on a bed of freekeh, an ancient grain that adds a lovely nutty flavour and al dente texture. Top with the yoghurt for some tang, and the almonds for some crunch.

Pantry items

Olive Oil, Butter

Before you start

Remember to wash your hands for 20 seconds before you get cooking.

You'll also need to give your fruit and veggies a wash.

You will need

Large saucepan · Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
freekeh	1 packet	2 packets
butter*	20g	40g
carrot	1	2
cauliflower	1 medium portion	1 large portion
garlic	2 cloves	4 cloves
brown onion	1	2
chickpeas	½ tin	1 tin
Greek-style yoghurt	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
coconut milk	1 medium tin	1 large tin
vegetable stock pot	1 packet (20g)	1 packet (40g)
baby spinach leaves	1 small bag	1 medium bag
parsley	1 bag	1 bag
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2991kJ (714Cal)	406kJ (97Cal)
Protein (g)	20.8g	2.8g
Fat, total (g)	35.7g	4.8g
- saturated (g)	19.4g	2.6g
Carbohydrate (g)	61.7g	8.4g
- sugars (g)	30.3g	4.1g
Sodium (mg)	2147mg	292mg

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.



Cook the freekeh

Preheat the oven to **240°C/220°C fan-forced**. In a large saucepan, heat a drizzle of **olive oil** over a medium-high heat. Toast the **freekeh**, stirring occasionally, until golden, **1-2 minutes**. Half-fill the saucepan with **water**, then add a good pinch of **salt**. Bring to the boil, then simmer, uncovered, until tender, **30-35 minutes**. Drain the **freekeh**, then rinse and return to the pan over a medium heat. Add the **butter** and stir until melted.

TIP: The freekeh is cooked when it has softened but still retains some bite.



Make the garlic yoghurt

In a large frying pan, heat a drizzle of **olive oil** and the **garlic** over a medium-high heat. Cook until fragrant, **1 minute**. Transfer to a small bowl. Add the **Greek-style yoghurt** to the **garlic oil mixture**. Stir to combine. Season to taste.



Roast the veggies

While the freekeh is cooking, cut the **carrot** into bite-sized chunks. Cut the **cauliflower** into small florets. Place the prepped **veggies** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Roast until tender, **20-25 minutes**.



Make the stew

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **onion**, stirring, until softened, **3-4 minutes**. Add the **chermoula spice blend** and cook until fragrant, **1 minute**. Add the **chickpeas, diced tomatoes with garlic & onion, coconut milk** and **vegetable stock pot**. Bring to the boil and cook until slightly reduced, **3-4 minutes**. Stir through the **baby spinach leaves** and roasted **veggies**.



Get prepped

While the veggies are roasting, finely chop the **garlic**. Thinly slice the **brown onion**. Drain and rinse the **chickpeas** (see ingredients).



Serve up

Roughly chop the **parsley**. Divide the freekeh between bowls. Top with the chermoula chickpea and veggie stew. Dollop over the garlic yoghurt. Sprinkle with the **flaked almonds** and parsley to serve.

Enjoy!

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