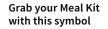


# Creamy Chickpea Stew with Roasted Sweet Potato & Couscous









**Sweet Potato** 





Carrot













Ras El Hanout





Coconut Cream



**Diced Tomatoes with** Garlic & Olive Oil



Vegetable Stock





**Greek Yoghurt** 



Long Red Chilli (Optional)

**Pantry items** Olive Oil, Butter

long red chilli)

#### 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

Oven tray lined with baking paper  $\cdot$  Large frying pan  $\cdot$  Medium saucepan with a lid

# Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
sweet potato	1	2	
carrot	1	2	
flaked almonds	1 packet	2 packets	
brown onion	1	2	
garlic	2 cloves	4 cloves	
silverbeet	1 bag	1 bag	
parsley	1 bag	1 bag	
chickpeas	1 tin	2 tins	
ras el hanout	1 sachet	2 sachets	
coconut cream	1 box (200ml)	1 tin (400ml)	
diced tomatoes with garlic & olive oil	1 tin	2 tins	
butter*	20g	40g	
vegetable stock pot	1 tub (20g)	1 tub (40g)	
couscous	1 packet	2 packets	
water*	¾ cup	1½ cups	
salt*	1/4 tsp	½ tsp	
Greek yoghurt	1 packet (100g)	1 packet (200g)	
long red chilli (optional)	1	2	

<sup>\*</sup>Pantry Items

#### **Nutrition**

	Per Serving	Per 100g
Energy (kJ)	4097kJ (979Cal)	456kJ (108Cal)
Protein (g)	26.4g	2.9g
Fat, total (g)	50.6g	5.6g
- saturated (g)	32g	3.6g
Carbohydrate (g)	97.6g	10.9g
- sugars (g)	30.7g	3.4g
Sodium (mg)	1778mg	198mg

# **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 veggies

Preheat the oven to 220°C/200°C fan-forced. Cut the sweet potato (unpeeled) into 1cm chunks. Cut the carrot (unpeeled) into 1cm half-moons. Place the sweet potato and carrot on an oven tray lined with baking paper. Drizzle with olive oil and season with salt and pepper. Toss to coat and roast until tender, 25-30 minutes.

TIP: Cut the veggies to size so they cook in time.



#### Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing until golden, **2-3 minutes**. Transfer to a plate.



#### Start the stew

Finely chop the **brown onion**. Finely chop the **garlic**. Roughly chop the **silverbeet**. Roughly chop the **parsley** leaves. Drain and rinse the **chickpeas**. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Add the **onion** and cook, stirring occasionally, until softened, **4-5 minutes**. Add the **garlic** and **ras el hanout** and cook until fragrant, **1 minute**.



# Cook the stew

Add the coconut cream, diced tomatoes with garlic & olive oil, chickpeas, butter and the vegetable stock pot to the frying pan and mix well to combine. Bring to the boil, then reduce the heat to medium-low. Simmer until the stew has reduced slightly, 10-12 minutes. Add the roasted sweet potato and carrot and silverbeet and stir through until wilted, 2-3 minutes. Season with pepper.



# Make the couscous

While the stew is simmering, add the **water** to a medium saucepan. Bring to the boil. Add the **couscous** and a drizzle of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



# Serve up

Thinly slice the **long red chilli** (if using). Divide the couscous between bowls and top with the creamy chickpea stew. Serve with the **Greek yoghurt**, toasted almonds, parsley and chilli.

# Enjoy!