



# Creamy Chickpea Stew

with Roasted Sweet Potato & Couscous

Grab your Meal Kit with this symbol



Sweet Potato



Carrot



Flaked Almonds



Brown Onion



Garlic



Silverbeet



Parsley



Chickpeas



Ras El Hanout



Coconut Cream



Diced Tomatoes with Garlic & Olive Oil



Vegetable Stock Pot



Couscous



Greek Yoghurt



Long Red Chilli (Optional)

- Hands-on: 30-40 mins
- Ready in: 40-50 mins
- Spicy (optional long red chilli)

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 silverbeet, plus a sublime, lightly spiced creamy sauce that soaks into the couscous. Simply delicious!

### 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

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

## Ingredients

|  | 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*                                  | ¼ tsp           | ½ tsp           |
| Greek yoghurt (optional)               | 1 packet (100g) | 1 packet (200g) |
| long red chilli (optional)             | 1               | 2               |

\*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](https://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.



## 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**.



## 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.



## 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.



## 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**.



## 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!