





















Creamy Chickpea Stew

with Roasted Sweet Potato & Couscous

Grab your Meal Kit with this symbol



-  Sweet Potato
-  Capsicum
-  Brown Onion
-  Garlic
-  Silverbeet
-  Chickpeas
-  Ras El Hanout
-  Coconut Cream
-  Diced Tomatoes
-  Vegetable Stock Pot
-  Couscous
-  Long Red Chilli (Optional)
-  Parsley
-  Garlic Sauce
-  Flaked Almonds

-  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 sauce that soaks into the couscous. Snuggle up and enjoy!

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
sweet potato	1	2
capsicum	1	2
brown onion	1	2
garlic	2 cloves	4 cloves
silverbeet	1 bag	1 bag
chickpeas	1 tin	2 tins
ras el hanout	1 sachet	2 sachets
coconut cream	½ tin	1 tin
diced tomatoes	1 tin	2 tins
butter*	20g	40g
vegetable stock pot	1 packet (20g)	1 packet (40g)
water*	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
long red chilli (optional)	1	2
parsley	1 bag	1 bag
garlic sauce	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)	4022kJ (961Cal)	440kJ (105Cal)
Protein (g)	25g	2.7g
Fat, total (g)	51.1g	5.6g
- saturated (g)	27.1g	3g
Carbohydrate (g)	95.8g	10.5g
- sugars (g)	29.6g	3.2g
Sodium (mg)	1569mg	172mg

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 veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **sweet potato** and **capsicum** into bite-sized chunks and place on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat and roast until tender, **25-30 minutes**.



Get prepped

Finely chop the **brown onion**. Finely chop the **garlic**. Roughly chop the **silverbeet**. Drain and rinse the **chickpeas**.



Start the stew

In a large frying pan, heat a drizzle of **olive oil** over a medium-high heat. Cook the **onion**, 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**, **chickpeas**, **butter** and the **vegetable stock pot** to the pan and stir 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 veggies** and **silverbeet** and stir through until wilted, **2-3 minutes**. Season with **pepper**.



Make the couscous

While the stew is simmering, bring the **water** and a pinch of **salt** to the boil in a medium saucepan. Add the **couscous** and 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). Roughly chop the **parsley**. Divide the couscous between bowls and top with the creamy chickpea stew. Serve with the **garlic sauce**, **flaked almonds**, **parsley** and **chilli**.

Enjoy!