



Middle Eastern Chickpea & Tomato Stew

with Carrot-Currant Couscous & Almonds

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Garlic



Zucchini



Baby Spinach Leaves



Carrot



Chickpeas



Mint



Chermoula Spice Blend



Diced Tomatoes with Garlic & Onion



Vegetable Stock Powder



Couscous



Currants



Greek-Style Yoghurt



Flaked Almonds



Chicken Breast

Prep in: 25-35 mins
Ready in: 40-50 mins

Calorie Smart[^]
[^]Custom recipe is not Calorie Smart

Eat Me Early*
*Custom Recipe only

With a little help from our chermoula spice blend, this veggie-loaded stew definitely delivers in the flavour department. Served with a slightly sweet and earthy couscous, and topped with a creamy mint yoghurt and a sprinkle of almonds, it's a textural treat, too.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Butter, Brown Sugar

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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
zucchini	1	2
baby spinach leaves	1 medium bag	1 large bag
carrot	½	1
chickpeas	1 tin	2 tins
mint	1 bag	1 bag
chermoula spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
water* <i>(for the sauce)</i>	¼ cup	½ cup
vegetable stock powder	1 large sachet	2 large sachets
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water* <i>(for the couscous)</i>	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2632kJ (629Cal)	458kJ (109Cal)
Protein (g)	24.1g	4.2g
Fat, total (g)	18.5g	3.2g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	85g	14.8g
- sugars (g)	25.7g	4.5g
Sodium (mg)	2393mg	417mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3392kJ (811Cal)	459kJ (110Cal)
Protein (g)	57.3g	7.7g
Fat, total (g)	23.8g	3.2g
- saturated (g)	9.1g	1.2g
Carbohydrate (g)	85g	11.5g
- sugars (g)	25.7g	3.5g
Sodium (mg)	2481mg	335mg

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.

We're here to help!

Scan here if you have any questions or concerns



1 Get prepped

- Finely chop **garlic**. Roughly chop **zucchini** and **baby spinach leaves**.
- Grate **carrot** (see ingredients).
- Drain and rinse **chickpeas**.
- Pick and finely slice **mint** leaves.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



4 Cook the carrot couscous

- While the stew is simmering, heat a medium saucepan over medium-high heat with a drizzle of **olive oil**. Cook **carrot** and remaining **garlic**, stirring, until softened, **2-3 minutes**.
- Add the **water (for the couscous)** and remaining **vegetable stock powder** and bring to the boil.
- Add **couscous** and **currants**, stirring to combine. Cover with a lid, then remove from heat. Leave until water is absorbed, **5 minutes**. Fluff up with a fork.



2 Start the stew

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **chickpeas** and **zucchini**, stirring, until **zucchini** is softened, **3-4 minutes**.
- Add **chermoula spice blend** and 1/2 the **garlic** and cook until fragrant, **1 minute**.

Custom Recipe: Cook chicken with chickpeas and zucchini until chicken is browned and cooked though (when no longer pink inside), 5-6 minutes. Continue as above.



5 Make the mint yoghurt

- In a small bowl, combine **Greek-style yoghurt**, a drizzle of **olive oil** and 1/2 the **mint**. Season to taste.



3 Finish the stew

- Add **diced tomatoes with garlic & onion**, the **water (for the sauce)** and 1/2 the **vegetable stock powder**. Stir to combine. Simmer until sauce is slightly thickened, **2-4 minutes**.
- Add **baby spinach**, the **butter** and the **brown sugar** and stir until **spinach** is wilted, **1 minute**.
- Season with **salt** and **pepper**.



6 Serve up

- Divide carrot-currant couscous between bowls.
- Spoon over Middle Eastern chickpea and tomato stew.
- Top with a dollop of mint yoghurt.
- Sprinkle with **flaked almonds** and remaining mint to serve. Enjoy!

Rate your recipe

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