



MOROCCAN CHICKPEA TAGINE

with Parsley Couscous, Cucumber Salsa & Almonds



Add mango chutney to a tagine for a touch of sweetness



Brown Onion



Garlic



Parsley



Zucchini



Chickpeas



Slivered Almonds



Chermoula Spice Blend



Tomato Paste



Mango Chutney



Diced Tomatoes With Garlic & Olive Oil



Vegetable Stock



Couscous



Tomato



Cucumber



Greek Yoghurt

Hands-on: 25 mins
Ready in: 30 mins

A tagine is traditionally a slow-cooked Moroccan dish, bursting with flavour and delightful aromas. Well, we've kept the flavour and fragrance but sped up the cooking time so this cheat's version is ready in 30 minutes or less. Enjoy the combination of herbed couscous, mildly spiced chickpeas and a fresh salsa and yoghurt topping and you too will think of a tagine as a surprising weeknight staple.

Pantry Staples: Olive Oil, Vinegar (White Wine Or Red Wine)

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **large frying pan** • **medium saucepan** with a **lid**



1 GET PREPPED

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Finely chop the **parsley** leaves. Grate the **zucchini**. Drain and rinse the **chickpeas**. Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, stirring occasionally, until browned, **3-4 minutes**. Transfer to a small bowl.



2 START THE TAGINE

Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook, stirring, until softened, **3-4 minutes**. Add the **garlic** and **chermoula spice blend** (see ingredients list) and cook until fragrant, **1 minute**.



3 SIMMER THE SAUCE

Add the **chickpeas**, **tomato paste** and **mango chutney** to the frying pan and cook, stirring, until combined, **1 minute**. Add the **diced tomatoes with garlic & olive oil**, **zucchini** and crumble in the **vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**). Stir, then reduce the heat to medium and simmer until thickened slightly, **5 minutes**. Season to taste with **salt** and **pepper**.



4 COOK THE COUSCOUS

While the sauce is simmering, add the **water** to a medium saucepan, crumble in the **remaining vegetable stock** (**1/2 cube for 2 people / 1 cube for 4 people**) and bring to the boil. Add the **couscous** and a **drizzle of olive oil**. Stir to combine, then place a lid on the saucepan and remove from the heat. Leave until all the water has absorbed, **5 minutes**. Fluff up with a fork and stir through **1/2 the parsley**. Set aside, uncovered, to cool slightly.



5 MAKE THE SALSA

While the couscous is cooking, cut the **tomato** and **cucumber** into 1cm pieces. Place in a medium bowl with the **vinegar**, the **remaining parsley**, a **drizzle of olive oil** and a **pinch of salt** and **pepper**. Toss to combine.



6 SERVE UP

Divide the couscous and Moroccan chickpea tagine between bowls and top with the tomato and cucumber salsa and **Greek yoghurt**. Sprinkle with the slivered almonds.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
brown onion	1	2
garlic	2 cloves	4 cloves
parsley	1 bag	1 bag
zucchini	1	2
chickpeas	1 tin	2 tins
slivered almonds	1 packet	2 packets
chermoula spice blend	1½ sachets	3 sachets
tomato paste	1 sachet	2 sachets
mango chutney	1 tub (50 g)	1 tub (100 g)
diced tomatoes with garlic & olive oil	1 box	2 boxes
vegetable stock	1 cube	2 cubes
water*	¾ cup	1½ cup
couscous	1 packet	2 packets
tomato	1	2
cucumber	1	2
vinegar* (white wine or red wine)	1 tsp	2 tsp
Greek yoghurt	1 packet (100 g)	2 packets (200 g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2810kJ (672Cal)	325kJ (78Cal)
Protein (g)	26.6g	3.1g
Fat, total (g)	19.0g	2.2g
- saturated (g)	3.0g	0.3g
Carbohydrate (g)	88.1g	10.2g
- sugars (g)	33.3g	3.9g
Sodium (g)	2110mg	245mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

→ JOIN OUR PHOTO CONTEST!

#HelloFreshAU

We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

Hello@HelloFresh.com.au

2019 | WK23

HelloFRESH