



Quick Moroccan Butter Bean Stew

with Veggies & Garlic Tortilla Flatbreads

Grab your Meal Kit with this symbol



Garlic



Silverbeet



Green Beans



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Butter Beans



Mini Flour Tortillas



Flaked Almonds



Parsley



Soffritto Mix



Vegetable Stock Pot



Chicken Breast

Prep in: **20-30 mins**
Ready in: **25-35 mins**



Plant Based*
**Custom Recipe is not Plant Based*

Inspired by 'harira', a traditional North African soup brimming with legumes, veggies and fresh herbs, this is no humble stew! Simmer all the goodness with creamy coconut milk and our chermoula spice blend, and scoop it up with golden, crispy flatbreads, straight from the oven.

Eat Me Early^
**Custom Recipe only*

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

Pantry items

Olive Oil, Plant Based 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

Large saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
silverbeet	1 medium bag	1 large bag
green beans	1 small bag	1 medium bag
soffritto mix	1 medium bag	1 large bag
tomato paste	1 medium packet	1 large packet
chermoula spice blend	1 medium sachet	1 large sachet
water*	½ cup	1 cup
coconut milk	1 medium tin	2 medium tins
vegetable stock pot	1 packet (20g)	1 packet (40g)
butter beans	1 tin	2 tins
plant-based butter*	30g	60g
mini flour tortillas	6	12
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3058kJ (731Cal)	569kJ (136Cal)
Protein (g)	20g	3.7g
Fat, total (g)	36.6g	6.8g
- saturated (g)	17.5g	3.3g
Carbohydrate (g)	72.2g	13.4g
- sugars (g)	14.7g	2.7g
Sodium (mg)	2036mg	379mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3806kJ (910Cal)	542kJ (130Cal)
Protein (g)	54.4g	7.7g
Fat, total (g)	41g	5.8g
- saturated (g)	18.8g	2.7g
Carbohydrate (g)	72.7g	10.4g
- sugars (g)	15.1g	2.2g
Sodium (mg)	2118mg	302mg

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



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Start the stew

- Preheat oven to **240°C/220°C fan-forced**. Finely chop **garlic**. Roughly chop **silverbeet**. Trim and halve **green beans**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Stir in **tomato paste**, **green beans**, **chermoula spice blend** and 1/2 the **garlic** and cook until fragrant, **1-2 minutes**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Cook chicken with soffritto mix until browned and cooked through (when no longer pink inside), 3-4 minutes. Continue as above.



Make the garlic tortilla flatbreads

- Meanwhile, combine a drizzle of **olive oil** and remaining **garlic** in a small bowl.
- Place **mini flour tortillas** on a lined oven tray. Brush with **garlic oil mixture**, then bake until golden and crispy, **5-8 minutes**.

TIP: If your oven tray is crowded, divide the tortillas between two trays.



Finish the stew

- Add the **water**, **coconut milk**, **vegetable stock pot** and **butter beans** (including the liquid from the tin!). Cook, stirring, until slightly thickened, **3-4 minutes**.
- Stir in **silverbeet** and the **plant-based butter**. Cook until **silverbeet** is just wilted, **1-2 minutes**.

TIP: The liquid from the butter bean tin helps the stew thicken up!



Serve up

- Divide Moroccan butter bean stew between bowls. Sprinkle with **flaked almonds** and torn **parsley** leaves.
- Serve with garlic tortilla flatbreads. Enjoy!

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