



Quick Moroccan Bean Stew

with Veggies & Garlic Tortilla Flatbreads

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Silverbeet



Green Beans



Red Kidney Beans



Soffritto Mix



Tomato Paste



Chermoula Spice Blend



Garlic Paste



Coconut Milk



Vegetable Stock Pot



Mini Flour Tortillas



Flaked Almonds



Parsley



Chicken Breast

Recipe Update

Unfortunately, this week's butter beans were in short supply, so we've replaced them with red kidney beans. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

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



Plant Based*

*Custom Recipe is not Plant Based



Calorie Smart^

^Custom recipe is not Calorie Smart



Eat Me Early*

*Custom Recipe only

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.

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

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Large saucepan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
silverbeet	1 medium bag	1 large bag
green beans	1 small bag	1 medium bag
red kidney beans	1 medium packet	2 medium packets
soffritto mix	1 medium bag	1 large bag
tomato paste	1 packet	1 packet
chermoula spice blend	1 medium sachet	1 large sachet
garlic paste	1 packet	2 packets
water*	¾ cup	1 ½ cups
coconut milk	1 medium tin	2 medium tins
vegetable stock pot	1 packet (20g)	2 packets (40g)
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)	2806kJ (671Cal)	454kJ (109Cal)
Protein (g)	24.8g	4g
Fat, total (g)	37.4g	6.1g
- saturated (g)	19.1g	3.1g
Carbohydrate (g)	76.8g	12.4g
- sugars (g)	16.8g	2.7g
Sodium (mg)	1955mg	317mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3566kJ (852Cal)	456kJ (109Cal)
Protein (g)	58.1g	7.4g
Fat, total (g)	42.6g	5.4g
- saturated (g)	20.8g	2.7g
Carbohydrate (g)	76.8g	9.8g
- sugars (g)	16.8g	2.1g
Sodium (mg)	2043mg	261mg

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



Start the stew

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

3



Make the garlic tortilla flatbreads

- Meanwhile, combine a drizzle of **olive oil** and remaining **garlic paste** 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.

2



Finish the stew

- Add the **water** (3/4 cup for 2 people / 1 1/2 cups for 4 people), **coconut milk**, **vegetable stock pot** and **red kidney beans**. 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**.

4



Serve up

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

Rate your recipe

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