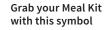


# Quick Moroccan Bean Stew with Veggies & Garlic Tortilla Flatbreads

CLIMATE SUPERSTAR









Green Beans



Red Kidney



Soffritto Mix





Tomato Paste



Garlic Paste



Coconut Milk





Mini Flour

Vegetable Stock





Flaked Almonds





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

Eat Me Early\*

\*Custom Pari \*Custom Recipe only Plant Based\*

\*Custom Recipe is not Plant Based

Calorie Smart<sup>^</sup>

^Custom recipe is not Calorie Smart

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.

**Pantry items** Olive Oil, Plant-Based Butter

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!

## 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

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	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		

<sup>\*</sup>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.

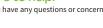
## Allergens

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





#### 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.



#### 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.



## 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.



## Serve up

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