

Moroccan Chickpea, Veggie & Currant Stew

with Mash & Almonds

Grab your meal kit with this number

7



Recipe Update

We've replaced the lentils in this recipe with chickpeas due to local ingredient availability. It'll be just as delicious, just follow your recipe card!



Carrot



Parsnip



Potato



Onion



Chickpeas



Slivered Almonds



Moroccan Curry Paste



Garlic Paste



Diced Tomatoes With Garlic & Onion



Currants



Vegetable Stock Powder



Baby Leaves



Chicken Thigh



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Protein Rich



Plant Based

Bring the warm Moroccan flavours to your table in the form of a stew packed on top of a blanket of mashed potato. The comforting addition of chickpeas and spices is everything this stew needs to end a long day.

Pantry items

Olive Oil, Plant-Based Milk, Plant-Based Butter, Brown Sugar

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

You will need

Oven tray lined with baking paper · Medium saucepan · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
potato	2	4
onion	½	1
chickpeas	1 packet	2 packets
slivered almonds	1 packet	2 packets
plant-based milk*	2 tbs	¼ cup
plant-based butter*	20g	40g
Moroccan curry paste	1 medium packet	1 large packet
garlic paste	1 medium packet	1 large packet
diced tomatoes with garlic & onion	1 packet	2 packet
currants	1 medium packet	2 medium packets
brown sugar*	2 tsp	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
baby leaves	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3019kJ (721Cal)	322kJ (76Cal)
Protein (g)	31.3g	3.3g
Fat, total (g)	16.3g	1.7g
- saturated (g)	1.9g	0.2g
Carbohydrate (g)	108.2g	11.5g
- sugars (g)	51g	5.4g
Sodium (mg)	2076mg	221mg
Dietary Fibre (g)	26.2g	2.8g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/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

2024 | CW45



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **carrot** and **parsnip** into bite-sized chunks.
- Slice **onion** (see ingredients) into wedges.
- Drain and rinse **chickpeas**.



Start the stew

- When the veggies have **5 minutes** remaining, heat a large saucepan over medium-high heat with the **plant-based butter** and a drizzle of **olive oil**.
- Cook **chickpeas**, **Moroccan curry paste** and **garlic paste** until fragrant, **1-2 minutes**.
- Add **diced tomatoes**, **currants**, the **brown sugar**, **vegetable stock powder** and a splash of **water**. Bring to the boil, then reduce heat to medium, and simmer until slightly thickened, **2-3 minutes**.



Roast the veggies

- Place **carrot**, **parsnip** and **onion** on a lined oven tray. Season with **salt** and **pepper**, drizzle with **olive oil** and toss to coat. Roast until tender, **20-25 minutes**.
- In the **last 3 minutes** of cook time, add **slivered almonds** to one side of the tray, return to the oven and roast until golden.



Bring it all together

- To the stew, add **roasted veggies** and **baby leaves**, stirring until wilted.



Make the mash

- Meanwhile, half-fill a medium saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **plant-based milk** and a good drizzle of **olive oil** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Serve up

- Divide mash between bowls, then top with Moroccan chickpea and veggie stew.
- Sprinkle over almonds to serve. Enjoy!

CUSTOM OPTIONS



ADD CHICKEN THIGH

Cut into bite-sized pieces. Before starting stew, cook until cooked through, 4-6 minutes. Stir through with baby leaves.



ADD CHICKEN BREAST

Cut into bite-sized pieces. Before starting stew, cook until cooked through, 4-6 minutes. Stir through with baby leaves.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

