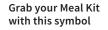
Creamy Chickpea Stew with Roasted Kumara & Couscous









Flaked Almonds







Chermoula Spice Blend



Tomato Sugo



Baby Spinach



Couscous



Chilli Flakes (Optional)



Brown Onion



Chickpeas



Coconut Cream



Apricot Sauce



Vegetable Stock





Greek-Style Yoghurt

Hands-on: 25-35 mins Ready in: 35-45 mins Spicy (optional chilli flakes)

When we first tried this bright burst of goodness, we all agreed it had that "hug in a bowl" kind of feeling. There's wholesome chickpeas, kumara and baby spinach, plus a sublime, lightly spiced creamy sauce that soaks into the couscous. Snuggle up and enjoy!

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

Oven tray lined with baking paper · Large frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
carrot	1	2
flaked almonds	1 packet	2 packets
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
chickpeas	1 tin	2 tins
chermoula spice blend	1 sachet	1 sachet
coconut cream	1 tin (200 ml)	1 tin (400 ml)
tomato sugo	1 box (200g)	1 box (400g)
apricot sauce	1 packet (30g)	1 packet (60g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
water*	¾ cup	1½ cups
vegetable stock powder	1 medium sachet	1 large sachet
couscous	1 packet	1 packet
parsley	1 bag	1 bag
chilli flakes (optional)	pinch	pinch
Greek-style yoghurt	1 medium packet	1 large packet
goat cheese**	1 packet (80g)	2 packets (160g)

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3818kJ (913Cal)	521kJ (125Cal)
Protein (g)	27.6g	3.8g
Fat, total (g)	39.7g	5.4g
- saturated (g)	26.6g	3.6g
Carbohydrate (g)	109g	14.9g
- sugars (g)	29.8g	4.1g
Sodium (mg)	1464mg	200mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4040kJ (966Cal)	537kJ (128Cal)
Protein (g)	30.7g	4.1g
Fat, total (g)	44.2g	5.9g
- saturated (g)	29.6g	3.9g
Carbohydrate (g)	109.3g	14.5g
- sugars (g)	30.2g	4g
Sodium (mg)	1548mg	206mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed. If you have any questions or concerns, please visit hellofresh.co.nz/contact

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Roast the veggies

Preheat the oven to 220°C/200°C fan-forced. Peel and cut the kumara into bite-sized chunks. Slice the carrot into half-moons. Place the veggies on a lined oven tray. Drizzle generously with **olive** oil, season with salt and pepper and toss to coat. Add a dash of water to the tray, spread out evenly, then roast until tender, 20-25 minutes. When the veggies have 5 minutes cook time remaining, add the **flaked almonds** to the tray and roast until toasted.



Get prepped

While the veggies are roasting, finely chop the brown onion. Finely chop the garlic. Drain and rinse the chickpeas.



Start the stew

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Cook the **onion**, stirring occasionally, until softened, 4-5 minutes. Add the garlic and chermoula spice blend and cook until fragrant, 1 minute.



Finish the stew

Add the coconut cream, tomato sugo, chickpeas, **apricot sauce**, and a pinch of **salt** to the frying pan and mix well. Bring to the boil, then reduce the heat to medium-low and simmer until the stew has reduced slightly, **8-10 minutes**. Slightly mash the **chickpeas** with a potato masher or fork. Add the roasted veggies and the baby spinach leaves and stir through until wilted. Season with pepper.



Make the couscous

While the stew is simmering, add the water and vegetable stock powder to a medium saucepan and bring to the boil. Add the **couscous** and a drizzle of olive oil. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Serve up

Roughly chop the parsley leaves. Divide the couscous between bowls and top with the creamy chickpea stew. Garnish with the toasted almonds, parsley and a pinch of chilli flakes (if using). Serve with the Greek-style yoghurt.

CUSTOM RECIPE

If you've added marinated goat cheese to your meal, crumble it over to serve.

Enjoy!