



Creamy Chickpea Stew

with Roasted Kumara & Couscous

Grab your Meal Kit with this symbol



Kumara



Carrot



Flaked Almonds



Brown Onion



Garlic



Chickpeas



Chermoula Spice Blend



Coconut Cream



Tomato Sugo



Apricot Sauce



Baby Spinach Leaves



Vegetable Stock Powder



Couscous



Parsley



Chilli Flakes (Optional)



Greek-Style Yoghurt



Goat Cheese

- 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!



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

Pantry items

Olive Oil

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](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.

If you have any questions or concerns, please visit

[hellofresh.co.nz/contact](https://www.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.



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**.



Get prepped

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



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.



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**.



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!