



Creamy Chickpea & Cauliflower Stew

with Roasted Kumara & Couscous

Grab your Meal Kit with this symbol



Kumara



Cauliflower



Flaked Almonds



Brown Onion



Garlic



Parsley



Chickpeas



Ras El Hanout



Coconut Cream



Chopped Tomatoes



Vegetable Stock



Baby Spinach Leaves



Couscous



Chilli Flakes (Optional)



Greek Yoghurt

Hands-on: **25-35 mins**
Ready in: **30-40 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 spinach, plus a sublime, lightly spiced creamy sauce that soaks into the couscous. Enjoy!

Pantry items

Olive Oil, Butter

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

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
kumara	1 (medium)	1 (large)
cauliflower	1 portion (200g)	1 portion (400g)
flaked almonds	1 packet	2 packets
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
chickpeas	1 tin	2 tins
ras el hanout	1 sachet	2 sachets
coconut cream	1 tin (200ml)	1 tin (400ml)
chopped tomatoes	1 tin	2 tins
salt*	¼ tsp	½ tsp
butter*	20g	40g
vegetable stock	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
couscous	1 packet	2 packets
boiling water*	¾ cup	1½ cups
chilli flakes (optional)	pinch	pinch
Greek yoghurt	1 packet (100g)	1 packet (175g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3790kJ (905Cal)	456kJ (109Cal)
Protein (g)	27.4g	3.3g
Fat, total (g)	45.9g	5.5g
- saturated (g)	33.8g	4.1g
Carbohydrate (g)	87.8g	10.6g
- sugars (g)	25.8g	3.1g
Sodium (mg)	1570mg	189mg

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.



1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Bring a kettle of water to the boil. Cut the **kumara** (unpeeled) into 1cm chunks. Cut the **cauliflower** into small florets. Place the **kumara, cauliflower**, a **drizzle of olive oil** and a **pinch of salt and pepper** on an oven tray lined with baking paper. Toss to coat and roast until tender, **25-30 minutes**.

TIP: Cut the veggies to the correct size so they cook in the allocated time.



4. Cook the stew

Add the **coconut cream, chopped tomatoes, chickpeas**, the **salt, butter** and **1/2 the vegetable stock (1/2 sachet for 2 people / 1 sachet for 4 people)** to the frying pan and mix well to combine. Bring to the boil, then reduce the heat to medium-low. Simmer until the stew has reduced slightly, **8-10 minutes**. Add the roasted **veggies** and **baby spinach leaves** and stir through until wilted. Season with **pepper** to taste.



2. Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate.



5. Make the couscous

While the stew is simmering, place **couscous** in a medium bowl. Sprinkle over the **remaining vegetable stock (1/2 sachet for 2 people / 1 sachet for 4 people)** and season with **pepper**. Add the **boiling water (3/4 cup for 2 people / 1 1/2 cups for 4 people)** and stir to combine. Immediately cover with a plate or foil and leave for **5 minutes**. Fluff up with a fork and set aside.



3. Start the stew

Finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Roughly chop the **parsley** leaves. Drain and rinse the **chickpeas**. Return the frying pan to a medium-high heat with a **drizzle of olive oil**. Add the **onion** and cook until softened, **4-5 minutes**. Add the **garlic** and **ras el hanout** and cook until fragrant, **1 minute**.



6. Serve up

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 yoghurt**.

Enjoy!