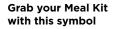


Creamy Chickpea & Cauliflower Stew

with Roasted Kumara & Couscous















Flaked Almonds



Brown Onion





Parsley





Chickpeas





Coconut Cream

Chopped Tomatoes





Vegetable Stock

Baby Spinach



Couscous



Chilli Flakes (Optional)



Greek Yoghurt

Pantry items Olive Oil, Butter

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!

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

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	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*	1/4 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 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.



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.



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**.



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.



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.



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!