

Tunisian Tomato & Chickpea Stew

with Couscous, Almonds & Herbs




Grab your Meal Kit with this symbol



-  Red Kumara
-  Garlic
-  Green Beans
-  Chickpeas
-  Flaked Almonds
-  Couscous
-  Tunisian Seasoning
-  Crushed & Sieved Tomatoes
-  Plant-Based Cream
-  Vegetable Stock Pot
-  Salad Leaves
-  Herbs

Recipe Update

Our suppliers have been affected by the recent adverse weather conditions and COVID-related labour shortages, which is impacting the availability of some ingredients. As such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

-  Hands-on: 20-30 mins
-  Ready in: 30-40 mins
-  Plant Based

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, red kumara and green leaves, plus a sublime, lightly spiced and plant-based creamy sauce that soaks into the couscous. Plate up and enjoy!

Pantry items

Olive Oil, Plant-Based Butter, Brown Sugar

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
red kumara	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
green beans	1 bag (100g)	1 bag (200g)
chickpeas	1 tin	2 tins
flaked almonds	1 packet	2 packets
couscous	1 packet	1 packet
boiling water*	¾ cup	1½ cups
Tunisian seasoning	1 sachet	2 sachets
crushed & sieved tomatoes	1 tin	2 tins
plant-based cream	½ medium packet	1 medium packet
vegetable stock pot	1 medium packet	1 large packet
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
salad leaves	1 small bag	1 medium bag
herbs	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2992kJ (715Cal)	466kJ (111Cal)
Protein (g)	23.1g	3.6g
Fat, total (g)	25.5g	4g
- saturated (g)	7.4g	1.2g
Carbohydrate (g)	90.5g	14.1g
- sugars (g)	20.3g	3.2g
Sodium (mg)	1987mg	310mg

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.



Roast the kumara

Preheat the oven to **220°C/200°C fan-forced**. Peel, then cut the **red kumara** into bite-sized chunks. Place the **kumara** 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**.



Get prepped

While the kumara is roasting, boil the kettle. Finely chop the **garlic**. Trim and halve the **green beans**. Drain the **chickpeas**. Heat a large frying pan over a medium-high heat. Toast the **flaked almonds** until golden, **2-3 minutes**. Transfer to a bowl.



Cook the couscous

In a medium heatproof bowl, add the **couscous** and the **boiling water** (¾ cup for 2 people / 1 ½ cups for 4 people) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



Start the stew

SPICY! This is a mild spice blend, but use less if you're sensitive to heat. Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **green beans**, stirring occasionally, until softened, **2-3 minutes**. Add the **garlic** and **Tunisian spice blend** and cook until fragrant, **1 minute**.



Finish the stew

Add the **crushed & sieved tomatoes**, **plant-based cream** (see ingredients), **chickpeas**, **vegetable stock pot**, the **plant-based butter** and **brown sugar** and stir well to combine. Bring to the boil, then reduce the heat to medium-low and simmer until the stew has reduced slightly, **6-8 minutes**. Stir through the **roasted kumara** and the **salad leaves** until combined and wilted. Season with **pepper**.



Serve up

Divide the couscous between bowls. Top with the Tunisian tomato and chickpea stew. Sprinkle over the almonds and tear over the **herbs** to serve.

Enjoy!