



Tunisian Tomato & Chickpea Stew

with Couscous & Toasted Almonds

Grab your Meal Kit with this symbol



Kumara



Garlic



Carrot



Chickpeas



Flaked Almonds



Couscous



Vegetable Stock Powder



Moroccan Curry Paste



Baby Spinach Leaves



Tomato Sugo



Plant-Based Cream

Recipe Update

The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

Prep in: 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, 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
kumara	1 (medium)	1 (large)
garlic	3 cloves	6 cloves
carrot	1	2
chickpeas	1 tin	2 tins
flaked almonds	1 packet	2 packets
couscous	1 packet	1 packet
vegetable stock powder	1 medium sachet	1 large sachet
boiling water*	¾ cup	1½ cups
Moroccan Curry Paste	1 medium packet	1 large packet
tomato sugo	1 packet (200g)	1 packet (400g)
plant-based cream	½ medium packet	1 medium packet
plant-based butter*	20g	40g
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3038kJ (726Cal)	541kJ (129Cal)
Protein (g)	22.8g	4.1g
Fat, total (g)	25.3g	4.5g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	94.9g	16.9g
- sugars (g)	25g	4.4g
Sodium (mg)	1417mg	252mg

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 oven to **220°C/200°C fan-forced**.
- Peel **kumara** and cut into bite-sized chunks.
- Place **kumara** on a lined oven tray. Drizzle generously with **olive oil**, season with a pinch of **salt** and toss to coat. Roast until tender, **20-25 minutes**.



Start the stew

- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat.
- When kumara has **10 minutes** remaining, return the frying pan to medium-high heat with a drizzle of **olive oil**. Cook **carrot**, stirring occasionally, until softened, **2-3 minutes**.
- Add **garlic** and **Moroccan curry paste** and cook until fragrant, **1 minute**.



Get prepped

- Meanwhile, boil the kettle.
- Finely chop **garlic**. Cut **carrot** into half-moons. Drain the **chickpeas**.
- Heat a large frying pan over medium-high heat. Toast **flaked almonds** until golden, **2-3 minutes**. Transfer to a bowl.



Finish the stew

- Add **tomato sugo**, **plant-based cream**, **chickpeas**, the **plant-based butter** and the **brown sugar** and stir to combine.
- Bring to the boil, then reduce heat to medium-low and simmer until the stew has reduced slightly, **2-3 minutes**.
- Stir through roasted **kumara** and **baby spinach leaves** until combined and wilted, season with **salt** and **pepper**.



Cook the couscous

- Place **couscous** and **vegetable stock powder** in a medium heatproof bowl.
- Add the **boiling water** (see ingredients) and stir to combine. Immediately cover with a plate and leave for **5 minutes**. Fluff up with a fork and set aside.



Serve up

- Divide couscous between bowls. Top with Tunisian tomato and chickpea stew.
- Sprinkle over toasted almonds. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

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