



CHERMOULA-SPICED CHICKPEAS

with Honey Roasted Pumpkin Couscous & Pickled Onion Salad



Roast pumpkin in honey



Peeled & Chopped Pumpkin



Flaked Almonds



Red Onion



Garlic



Baby Spinach Leaves



Chickpeas



Cherry Tomatoes



Parsley



Vegetable Stock



Couscous



Chermoula Spice Blend



Passata



Greek Yoghurt

Hands-on: **25-35 mins**
Ready in: **35-45 mins**

It's time to up your legume game and we're going to show you how. Transform the humble chickpea with a little spice and passata, making a perfect topping for pumpkin couscous. Add pickled onion for zing, and dinner is done!

Pantry Staples: Olive Oil, Honey, Rice Wine Vinegar, Butter

BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:
 • **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



1 ROAST THE PUMPKIN

Preheat the oven to **240°C/220°C fan-forced**. Place the **peeled & chopped pumpkin** and **honey** on an oven tray lined with baking paper. **Drizzle** with **olive oil** and season with a **good pinch** of **salt** and **pepper**. Toss to coat, spread in a single layer and roast for **20 minutes**. Remove the tray from the oven, sprinkle with the **flaked almonds** and toss to combine. Return to the oven until the pumpkin is tender and the almonds are golden, **3-5 minutes**.



4 COOK THE CHICKPEAS

Heat a medium frying pan over a medium-high heat with a **drizzle** of **olive oil**. Add the **butter** and **remaining onion** and cook, stirring, until softened, **3-4 minutes**. Add the **chermoula spice blend** and **remaining garlic** and cook until fragrant, **1 minute**. Add the **chickpeas** and cook, stirring, until softened, **2-3 minutes**. Add the **passata** and stir to combine. Simmer until thickened, **2-3 minutes**. Season to taste with **salt** and **pepper**. **TIP:** Add a dash of water to loosen the mixture if you like!



2 GET PREPPED

While the pumpkin is roasting, thinly slice the **red onion**. In a small bowl, combine the **rice wine vinegar** and a **good pinch** of **sugar** and **salt**. Add **1/2** the **onion** and **enough water** to cover. Stir to combine and set aside until serving. Finely chop the **garlic** (or use a garlic press). Roughly chop the **baby spinach leaves**. Drain and rinse the **chickpeas**. Halve the **cherry tomatoes**. Roughly chop the **parsley**.



5 FINISH THE COUSCOUS

Stir the roasted **pumpkin** and **almonds** and **baby spinach** through the **couscous**. Season to taste with **salt** and **pepper**. Set aside. Drain the pickled **onion**. Place the pickled **onion**, **cherry tomatoes** and **parsley** in a bowl. **Drizzle** with **olive oil** and toss to combine. Season to taste with **salt** and **pepper**.



3 MAKE THE GARLIC COUSCOUS

Heat a **drizzle** of **olive oil** in a medium saucepan over a medium-high heat. Add **1/2** the **garlic** and cook until fragrant, **1 minute**. Add the **water**, crumble in the **vegetable stock** (**1 cube for 2 people / 2 cubes for 4 people**) and bring to the boil. Add the **couscous** and a **drizzle** of **olive oil**. Stir to combine, then place a lid on the saucepan and remove from the heat. Leave until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside uncovered.



6 SERVE UP

Divide the honey roasted pumpkin couscous between bowls and top with the chermoula-spiced chickpeas and pickled onion salad. Serve with a dollop of **Greek yoghurt**.

ENJOY!

2 | 4 PEOPLE INGREDIENTS

	2P	4P
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
honey*	2 tsp	1 tbs
flaked almonds	1 packet	2 packets
red onion	1	2
rice wine vinegar*	3 tbs	6 tbs
garlic	2 cloves	4 cloves
baby spinach leaves	1 bag (30g)	1 bag (60g)
chickpeas	1 tin	2 tins
cherry tomatoes	1 punnet	2 punnets
parsley	1 bag	1 bag
water*	¾ cup	1½ cups
vegetable stock	1 cube	2 cubes
couscous	1 packet	2 packets
butter*	20g	40g
chermoula spice blend	1 sachet	2 sachets
passata	1 box (200g)	2 boxes (400g)
Greek yoghurt	1 packet (100g)	2 packets (200g)

*Pantry Items

NUTRITION	PER SERVING	PER 100G
Energy (kJ)	2700kJ (645Cal)	347kJ (83Cal)
Protein (g)	25.4g	3.3g
Fat, total (g)	17.8g	2.3g
- saturated (g)	8.0g	1.0g
Carbohydrate (g)	85.6g	11.0g
- sugars (g)	25.8g	3.3g
Sodium (g)	968mg	124mg

For allergens and ingredient information, visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo)

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We love feedback, so give us a call with any questions, comments or concerns | (02) 8188 8722

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