



Coconut Veggie Stew

with Kale, Chickpeas & Crushed Peanuts

Grab your Meal Kit with this symbol



Zucchini



Carrot



Chickpeas



Ginger



Garlic



Snow Peas



Kale



Southeast Asian Spice Blend



Light Coconut Milk



Vegetable Stock Pot



Crushed Peanuts

Hands-on: 30-40 mins
Ready in: 40-50 mins

Carb Smart

You won't believe it, but this hearty stew is low-carb and so good for you, you'll be craving it time and time again! With a fragrant coconut sauce loaded with the goodness of fibre-rich chickpeas and gorgeous greens, it's healthy, nutritious and delicious.

Pantry items

Olive Oil, Soy Sauce

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 saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
chickpeas	½ tin	1 tin
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
snow peas	1 packet (100g)	1 packet (200g)
kale	1 bag (80g)	1 bag (200g)
Southeast Asian spice blend	1 sachet	2 sachets
light coconut milk	1 tin (400ml)	2 tins (800ml)
soy sauce*	1 tsp	2 tsp
vegetable stock pot	1 tub (20g)	1 tub (40g)
crushed peanuts	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1818kJ (434Cal)	294kJ (70Cal)
Protein (g)	11.3g	1.8g
Fat, total (g)	27.6g	4.5g
- saturated (g)	10.4g	1.7g
Carbohydrate (g)	29.3g	4.7g
- sugars (g)	13.2g	2.1g
Sodium (mg)	1233mg	199mg
Dietary fibre (g)	14.8g	2.4g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **zucchini** and **carrot** (unpeeled) into 1cm chunks. Place the **zucchini** and **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Bake until tender, **20-25 minutes**.



Get prepped

While the veggies are roasting, drain the **chickpeas** (see ingredients). Finely grate the **ginger**. Finely chop the **garlic**. Trim the **snow peas** and cut in half. Thinly slice the **kale**, discarding any larger pieces of stalk if you like.



Start the stew

Heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Add the **ginger** and the **garlic** and cook until fragrant, **1 minute**. Add the drained **chickpeas** and **Southeast Asian spice blend** and cook until fragrant, **1 minute**.



Add the coconut milk

Add the **light coconut milk**, **soy sauce** and **vegetable stock pot**, stir well to combine and bring to a simmer. Add the **snow peas** and cook until softened slightly, **2-3 minutes**.



Add the kale & roast veggies

Stir in the **kale** and cook until wilted, **2 minutes**. Stir in the **roasted veggies**.

TIP: Add a splash of water if the stew looks too thick!



Serve up

Divide the coconut veggie stew with kale and chickpeas between bowls. Sprinkle over the **crushed peanuts**.

Enjoy!