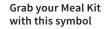


Middle Eastern Chickpea & Tomato Stew

with Carrot-Currant Couscous & Almonds

CLIMATE SUPERSTAR

























Chermoula Spice

Diced Tomatoes with Garlic & Onion



Vegetable Stock







Flaked Almonds



Prep in: 25-35 mins Ready in: 40-50 mins



With a little help from our chermoula spice blend, this veggie-loaded stew definitely delivers in the flavour department. Served with a slightly sweet and earthy couscous, and topped with a creamy mint yoghurt and a sprinkle of almonds, it's a textural treat, too.

Olive Oil, Butter, Brown Sugar

Pantry items

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

Large frying pan · Medium saucepan with a lid

Ingradiants

ingredients			
	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	3 cloves	6 cloves	
zucchini	1	2	
baby spinach leaves	1 medium bag	1 large bag	
carrot	1/2	1	
chickpeas	1 tin	2 tins	
mint	1 bag	1 bag	
chermoula spice blend	1 medium sachet	1 large sachet	
diced tomatoes with garlic & onion	1 box	2 boxes	
water* (for the sauce)	1/4 cup	½ cup	
vegetable stock powder	1 large sachet	2 large sachets	
butter*	20g	40g	
brown sugar*	1 tsp	2 tsp	
water* (for the couscous)	¾ cup	1½ cups	
couscous	1 medium packet	1 large packet	
currants	1 medium packet	1 large packet	
Greek-style yoghurt	1 medium packet	1 large packet	
flaked almonds	1 medium packet	1 large packet	
chicken breast**	1 small packet	1 large packet	
*Pantry Items **Custom Recipe Ingredient			

Nutrition

Avg Otu

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Energy (kJ)	2632kJ (629Cal)	458kJ (109Cal)
Protein (g)	24.1g	4.2g
Fat, total (g)	18.5g	3.2g
- saturated (g)	7.5g	1.3g
Carbohydrate (g)	85g	14.8g
- sugars (g)	25.7g	4.5g
Sodium (mg)	2393mg	417mg
Custom Recipe		
0 0000011111000,000		
Avg Qty	Per Serving	Per 100g
	Per Serving 3392kJ (811Cal)	Per 100g 459kJ (110Cal)
Avg Qty		
Avg Qty Energy (kJ)	3392kJ (811Cal)	459kJ (110Cal)
Avg Qty Energy (kJ) Protein (g)	3392kJ (811Cal) 57.3g	459kJ (110Cal) 7.7g
Avg Qty Energy (kJ) Protein (g) Fat, total (g)	3392kJ (811Cal) 57.3g 23.8g	459kJ (110Cal) 7.7g 3.2g
Avg Qty Energy (kJ) Protein (g) Fat, total (g) - saturated (g)	3392kJ (811Cal) 57.3g 23.8g 9.1g	459kJ (110Cal) 7.7g 3.2g 1.2g

Per Serving Per 100g

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.

We're here to help!

Scan here if you have any questions or concerns





Get prepped

- · Finely chop garlic. Roughly chop zucchini and baby spinach leaves.
- Grate carrot (see ingredients).
- · Drain and rinse chickpeas.
- Pick and finely slice mint leaves.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Start the stew

- In a large frying pan, heat a drizzle of olive oil over medium-high heat. Cook chickpeas and **zucchini**, stirring, until **zucchini** is softened, 3-4 minutes.
- Add chermoula spice blend and 1/2 the garlic and cook until fragrant, 1 minute.

Custom Recipe: Cook chicken with chickpeas and zucchini until chicken is browned and cooked though (when no longer pink inside), 5-6 minutes. Continue as above.



Finish the stew

- Add diced tomatoes with garlic & onion, the water (for the sauce) and 1/2 the vegetable stock powder. Stir to combine. Simmer until sauce is slightly thickened, 2-4 minutes.
- Add baby spinach, the butter and the brown sugar and stir until spinach is wilted, 1 minute.
- · Season with salt and pepper.



Cook the carrot couscous

- While the stew is simmering, heat a medium saucepan over medium-high heat with a drizzle of olive oil. Cook carrot and remaining garlic, stirring, until softened, 2-3 minutes.
- Add the water (for the couscous) and remaining vegetable stock powder and bring to the boil.
- · Add couscous and currants, stirring to combine. Cover with a lid, then remove from heat. Leave until water is absorbed, 5 minutes. Fluff up with a fork.



Make the mint yoghurt

• In a small bowl, combine Greek-style yoghurt, a drizzle of olive oil and 1/2 the mint. Season to taste.



Serve up

- Divide carrot-currant couscous between bowls.
- Spoon over Middle Eastern chickpea and tomato
- Top with a dollop of mint yoghurt.
- · Sprinkle with flaked almonds and remaining mint to serve. Enjoy!

Rate your recipe

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