



# Moroccan Butter Bean Stew

with Veggies & Garlic Tortilla Flatbreads

Grab your Meal Kit with this symbol



Garlic



Silverbeet



Green Beans



Tomato Paste



Chermoula Spice Blend



Coconut Milk



Butter Beans



Chilli Flakes (Optional)



Mini Flour Tortillas



Flaked Almonds



Parsley



Soffritto Mix



Vegetable Stock Pot



Chicken Breast

Prep in: 20-30 mins  
Ready in: 25-35 mins

Eat Me Early\*  
*\*Custom Recipe only*

Plant Based\*  
*\*Custom Recipe is not plant based only*

Inspired by 'harira', a traditional North African soup brimming with legumes, veggies and fresh herbs, this is no humble stew! Simmer all the goodness with creamy coconut milk and our chermoula spice blend, and scoop it up with golden, crispy flatbreads, straight from the oven.

**CUSTOM RECIPE** If you chose to swap, upgrade or add protein, follow the custom recipe steps.

### Pantry items

Olive Oil, Plant-Based Butter

## 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 saucepan or deep frying pan · Oven tray lined with baking paper

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
garlic	3 cloves	6 cloves
silverbeet	1 medium bag	1 large bag
green beans	1 small bag	1 medium bag
soffritto mix	1 medium bag	1 large bag
tomato paste	1 packet	2 packets
chermoula spice blend	1 medium sachet	1 large sachet
<b>water*</b>	½ cup	1 cup
coconut milk	1 medium tin	1 large tin
vegetable stock pot	1 packet (20g)	1 packet (40g)
butter beans	1 tin	2 tins
<b>plant-based butter*</b>	30g	60g
chilli flakes (optional) 🌶️	pinch	pinch
mini flour tortillas	6	12
flaked almonds	1 medium packet	1 large packet
parsley	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

\*Pantry Items \*\*Custom Recipe Ingredient

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3068kJ (733Cal)	571kJ (136Cal)
Protein (g)	20.1g	3.7g
Fat, total (g)	36.7g	6.8g
- saturated (g)	17.5g	3.3g
Carbohydrate (g)	73.1g	13.6g
- sugars (g)	14.8g	2.8g
Sodium (mg)	2008mg	374mg

### Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3810kJ (910Cal)	543kJ (129Cal)
Protein (g)	54.5g	7.8g
Fat, total (g)	41g	5.8g
- saturated (g)	18.8g	2.7g
Carbohydrate (g)	73.6g	10.5g
- sugars (g)	15.1g	2.2g
Sodium (mg)	2089mg	298mg

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](https://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



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## Start the stew

- Finely chop **garlic**. Roughly chop **silverbeet**. Trim and halve **green beans**.
- In a large saucepan or deep frying pan, heat a drizzle of **olive oil** over medium-high heat. Cook **soffritto mix**, stirring, until softened, **3-4 minutes**.
- Add **tomato paste**, **green beans**, **chermoula spice blend** and 1/2 the **garlic** and cook until fragrant, **1-2 minutes**.

**Custom Recipe:** If you've added chicken breast, cut chicken into 2cm chunks. Cook chicken with soffritto mix until browned and cooked through (when no longer pink inside), 3-4 minutes. Continue with the step.

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## Make the garlic tortilla flatbreads

- Meanwhile, combine a pinch of **chilli flakes** (if using), a drizzle of **olive oil** and remaining **garlic** in a small bowl.
- Place **mini flour tortillas** on a lined oven tray. Brush with **garlic oil mixture**, then bake until golden and crispy, **5-8 minutes**.

**TIP:** If your oven tray is crowded, divide the tortillas between two trays.

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## Finish the stew

- Add the **water**, **coconut milk**, **vegetable stock pot** and **butter beans** (including the liquid from the tin!). Cook, stirring, until slightly thickened, **3-4 minutes**.
- Stir in **silverbeet** and the **plant-based butter**. Cook until silverbeet is just wilted, **1-2 minutes**.

**TIP:** The liquid from the butter bean tin helps the stew thicken up!

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## Serve up

- Divide Moroccan butter bean stew between bowls. Sprinkle with **flaked almonds** and torn **parsley** leaves.
- Serve with garlic tortilla flatbreads. Enjoy!

## Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: [hellofresh.com.au/rate](https://hellofresh.com.au/rate)