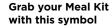


Chermoula Spiced Chickpeas

with Honey Roasted Pumpkin Couscous & Pickled Onion Salsa









Peeled & Chopped Pumpkin

Flaked Almonds



Red Onion





Green Beans

Chickpeas





Tomato

Parsley





Vegetable Stock





Chermoula Spice Blend

Crushed & Sieved Tomatoes



Dill & Parsley Mayonnaise



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 · Medium saucepan with a lid · Medium frying pan

Ingredients

ingredients		
	2 People	4 People
olive oil*	refer to method	refer to method
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
honey*	2 tsp	4 tsp
flaked almonds	1 packet	2 packets
red onion	1 (medium)	1 (large)
rice wine vinegar*	3 tbs	6 tbs
water* (for the onion)	3 tbs	6 tbs
garlic	2 cloves	4 cloves
green beans	1 bag (100g)	1 bag (200g)
chickpeas	1 tin	2 tins
tomato	2	4
parsley	1 bunch	1 bunch
water* (for the couscous)	¾ cup	1½ cups
vegetable stock	1 sachet	1 sachet
couscous	1 packet	2 packets
butter*	20g	40g
chermoula spice blend	1 sachet	2 sachets
crushed & sieved tomatoes	½ tin (200g)	1 tin (400g)
dill & parsley mayonnaise	1 packet (50g)	1 packet (100g)

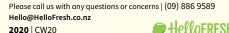
^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2900kJ (693Cal)	384kJ (92Cal)
Protein (g)	21.3g	2.8g
Fat, total (g)	30.3g	4.0g
- saturated (g)	7.9g	1.0g
Carbohydrate (g)	77.1g	10.2g
- sugars (g)	23.7g	3.1g
Sodium (g)	997mg	132mg

Allergens

Please visit HelloFresh.co.nz/recipes for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.





1. Roast the pumpkin

Preheat the oven to 240°C/220°C fan-forced. Place the peeled & chopped pumpkin and the 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 over the flaked almonds and toss to combine. Return to the oven and roast until the pumpkin is tender and the almonds are golden, 3-5 minutes.



2. Get prepped

While the pumpkin is roasting, thinly slice the **red onion**. In a small bowl, combine the **rice wine vinegar**, the **water** (**for the onion**) and a **good pinch** of **sugar** and **salt**. Add **1/2** the **onion**, stir to combine and set aside until serving. Finely chop the **garlic** (or use a garlic press). Trim and halve the **green beans**. Drain and rinse the **chickpeas**. Roughly chop the **tomato**. Roughly chop the **parsley**.



3. Make the garlic couscous

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



4. Make the chickpea stew

In a medium frying pan, heat a drizzle of olive oil over a medium-high heat. Add the green beans and cook, tossing regularly, until tender, 4-5 minutes. Transfer the green beans to the saucepan with the cooked couscous. Return the frying pan to a medium-high heat. 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 crushed & sieved tomatoes (see ingredients list) and cook, stirring, until thickened,



5. Finish the couscous & salsa

Drain the pickled **onion**. In a medium bowl, combine the pickled **onion**, **tomato** and **parsley**. **Drizzle** with **olive oil** and toss to combine. Season to taste with **salt** and **pepper**. Stir the roasted **pumpkin** and **almonds** through the **couscous** and **green beans**. Season to taste with **salt** and **pepper**.



6. Serve up

Divide the honey roasted pumpkin couscous between bowls and top with the chermoula spiced chickpeas and pickled onion salsa. Serve with the **dill & parsley mayonnaise**.

Enjoy!