



Chermoula Spiced Chickpeas

with Honey Roasted Pumpkin Couscous & Pickled Onion Salsa

Grab your Meal Kit with this symbol



Peeled & Chopped Pumpkin



Flaked Almonds



Red Onion



Garlic



Green Beans



Chickpeas



Tomato



Parsley



Vegetable Stock



Couscous



Chermoula Spice Blend



Crushed & Sieved Tomatoes



Dill & Parsley Mayonnaise

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 crushed tomatoes, making a perfect topping for pumpkin couscous. Add pickled onion for zing, and dinner is done!

Pantry items

Olive Oil, Honey, Rice Wine Vinegar, 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

Oven tray lined with baking paper · Medium saucepan with a lid · Medium frying pan

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](https://www.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**.



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, **2-3 minutes**. Season to taste with **salt** and **pepper**.



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**.



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**.



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.



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!