Creamy Chickpea Stew
with Roasted Kumara & Couscous

Hands-on: 25-35 mins
Ready in: 30-40 mins
Spicy (optional chilli flakes)

When we first tried this bright burst of goodness, we all agreed it had that "hug in a bowl" kind of feeling. There's wholesome chickpeas, kumara and spinach, plus a sublime, lightly spiced creamy sauce that soaks into the couscous. Enjoy!

Grab your Meal Kit with this symbol

- Kumara
- Carrot
- Flaked Almonds
- Brown Onion
- Garlic
- Parsley
- Chickpeas
- Chermoula Spice Blend
- Coconut Cream
- Chopped Tomatoes
- Apricot Sauce
- Vegetable Stock Powder
- Baby Spinach Leaves
- Couscous
- Chilli Flakes (Optional)
- Yoghurt

Pantry items

Olive Oil, Butter

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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 frying pan · Medium saucepan with a lid

Ingredients

	2 People	4 People
*olive oil**	refer to method	refer to method
kumara	1 (medium)	1 (large)
carrot	1	2
flaked almonds	1 packet	2 packets
brown onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
parsley	1 bunch	1 bunch
chickpeas	1 tin	2 tins
chermoula spice blend	1 sachet	1 sachet
coconut cream	1 tin (200ml)	1 tin (400ml)
chopped tomatoes	1 tin	2 tins
*salt**	¼ tsp	½ tsp
*butter**	20g	40g
apricot sauce	1 packet	2 packets
vegetable stock powder	1 sachet	2 sachets
baby spinach leaves	1 bag (60g)	1 bag (120g)
*water**	¾ cup	1½ cups
couscous	1 packet	2 packets
chilli flakes (optional)	pinch	pinch
yoghurt	1 small packet	1 large packet

**Pantry Items*

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3920kJ (937Cal)	478kJ (114Cal)
Protein (g)	26.1g	3.2g
Fat, total (g)	46.2g	5.6g
- saturated (g)	33.9g	4.1g
Carbohydrate (g)	95.6g	11.7g
- sugars (g)	32.9g	4.0g
Sodium (mg)	1940mg	236mg

Allergens

Always read product labels for the most up-to-date allergen information.
Visit **hellofresh.co.nz/foodinfo** for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

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1. Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** (unpeeled) into 1cm chunks. Cut the **carrot** (unpeeled) into 1cm half-moons. Place the **kumara**, **carrot**, a **drizzle** of **olive oil** and a **pinch** of **salt** and **pepper** on an oven tray lined with baking paper. Toss to coat and roast until tender, **25-30 minutes**.

TIP: *Cut the veggies to size so they cook in time.*

2. Toast the almonds

While the veggies are roasting, heat a large frying pan over a medium-high heat. Add the **flaked almonds** and toast, tossing, until golden, **2-3 minutes**. Transfer to a plate.

3. Start the stew

Finely chop the **brown onion** and **garlic**. Roughly chop the **parsley** leaves. Drain and rinse the **chickpeas**. Return the frying pan to a medium-high heat with a **drizzle** of **olive oil**. Add the **onion** and cook, stirring occasionally, until softened, **4-5 minutes**. Add the **garlic** and **chermoula spice blend** and cook until fragrant, **1 minute**.

4. Cook the stew

Add the **coconut cream**, **chopped tomatoes**, **chickpeas**, the **salt**, **butter**, **apricot sauce** and **1/2** the **vegetable stock powder** to the frying pan and mix well to combine. Bring to the boil, then reduce the heat to medium-low and simmer until the stew has reduced slightly, **8-10 minutes**. Lightly mash the **chickpeas** with a potato masher or fork. Add the roasted **veggies** and **baby spinach leaves** and stir through until wilted. Season to taste with **pepper**.

5. Make the couscous

While the stew is simmering, add the **water** and **remaining vegetable stock powder** to a medium saucepan and bring to a boil. Add the **couscous** and a **drizzle** of **olive oil**. Stir to combine, cover with a lid and remove from the heat. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork and set aside, uncovered.

6. Serve up

Divide the couscous between bowls and top with the creamy chickpea stew. Garnish with the toasted almonds, parsley and a pinch of **chilli flakes** (if using). Serve with the **yoghurt**.

Enjoy!