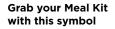


Creamy Chickpea Stew

with Roasted Kumara & Couscous















Flaked Almonds



Brown Onion





Parsley



Chickpeas



Chermoula Spice



Coconut Cream



Chopped Tomatoes



Apricot Sauce



Vegetable Stock Powder



Baby Spinach Leaves



Couscous



Chilli Flakes (Optional)



Yoghurt

Pantry items Olive Oil, Butter



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!

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

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*	1/4 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.



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 mediumhigh 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!