



Creamy Chickpea Stew

with Roasted Kumara & Couscous

Grab your Meal Kit with this symbol



Kumara



Carrot



Flaked Almonds



Brown Onion



Garlic



Silverbeet



Chickpeas



Chermoula Spice Blend



Coconut Cream



Chopped Tomatoes/Sugo



Apricot Sauce



Vegetable Stock Powder



Couscous



Parsley



Chilli Flakes (Optional)



Greek-Style Yoghurt

- Hands-on: 30-40 mins
- Ready in: 40-50 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 silverbeet, plus a sublime, lightly spiced creamy sauce that soaks into the couscous. Simply delicious!

Pantry items

Olive Oil, 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 · 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
silverbeet	1 packet	1 packet
chickpeas	1 tin	2 tins
chermoula spice blend	1 sachet	1 sachet
coconut cream	1 tin (200ml)	1 tin (400ml)
chopped tomatoes/sugo	2 packets	2 tins
salt*	¼ tsp	½ tsp
butter*	20g	40g
apricot sauce	1 packet	2 packets
vegetable stock powder	1 sachet	2 sachets
water*	¾ cup	1½ cups
couscous	1 packet	1 packet
parsley	1 bunch	1 bunch
chilli flakes	pinch	pinch
Greek-style yoghurt	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4192kJ (1001Cal)	484kJ (115Cal)
Protein (g)	27.2g	3.1g
Fat, total (g)	49.3g	5.7g
- saturated (g)	31.2g	3.6g
Carbohydrate (g)	109.7g	12.7g
- sugars (g)	34.2g	4g
Sodium (mg)	2109mg	244mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Peel the **kumara** and cut into small chunks. Thinly slice the **carrot** into half-moons. Place the **veggies** and a generous drizzle of **olive oil** on a lined oven tray, then season with **salt** and **pepper**. Add a splash of **water** to the tray, toss to coat and roast until tender, **25-30 minutes**.



Cook the stew

Add the **coconut cream**, **chopped tomatoes/sugo**, **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**. Slightly mash the **chickpeas** with a potato masher or fork. Add the roasted **veggies** and the **silverbeet** and stir through until wilted. Season with **pepper**.



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.



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.



Get prepped

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



Serve up

Roughly chop the **parsley** leaves. 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 **Greek-style yoghurt**.

Enjoy!