



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



Apricot Sauce



Vegetable Stock Powder



Couscous



Parsley



Chilli Flakes (Optional)



Greek-Style Yoghurt



Chicken Breast

Hands-on: **25-35 mins**
Ready in: **35-45 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. Snuggle up and enjoy!



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

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

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	1 tin	2 tins
salt*	¼ tsp	½ tsp
butter*	20g	40g
apricot sauce	1 packet (30g)	2 packets (60g)
vegetable stock powder	1 sachet	2 sachets
water*	¾ cup	1½ cups
couscous	1 packet	1 packet
parsley	1 bunch	1 bunch
chilli flakes (optional)	pinch	pinch
Greek-style yoghurt	1 packet	1 packet
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Base Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4192kJ (1002Cal)	484kJ (116Cal)
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

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4985kJ (1191Cal)	486kJ (116Cal)
Protein (g)	56.4g	5.5g
Fat, total (g)	57.3g	5.6g
- saturated (g)	33.6g	3.3g
Carbohydrate (g)	109.7g	10.7g
- sugars (g)	34.2g	3.3g
Sodium (mg)	2208mg	215mg

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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit

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Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **kumara** into bite-sized chunks. Thinly slice the **carrot** into half-moons. Place the **veggies** on a lined oven tray and drizzle generously with **olive oil**. Season with **salt** and **pepper**, then toss to coat. Add a dash of **water** to the tray and roast until tender, **20-25 minutes**. When the veggies have **5 minutes** cook time remaining, add the **flaked almonds** to the tray and roast until toasted.



Finish 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**. Roughly mash the **chickpeas**, then add the roasted **veggies** and **silverbeet** and stir through until wilted. Season with **pepper**.

**CUSTOM RECIPE**

After simmering the stew, return the chicken to the pan along with the roasted veggies and silverbeet. Season with pepper.



Get prepped

While the veggies are roasting, finely chop the **brown onion**. Finely chop the **garlic**. Roughly chop the **silverbeet**. Drain and rinse the **chickpeas**.

**CUSTOM RECIPE**

Cut the chicken into 2cm chunks.




Make the couscous

While the stew is simmering, add the **water** and remaining **stock powder** to a medium saucepan 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. Set aside until all the water is absorbed, **5 minutes**. Fluff up with a fork.



Start the stew

Heat a large frying pan over 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**.

**CUSTOM RECIPE**

Heat the frying pan to a medium-high heat with a drizzle of olive oil. Cook the chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Transfer to a plate. Continue with step.



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!