



# 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://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**.



### 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**.



### 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.



### 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**.



### 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**.



### 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!**