



# Coconut Veggie Stew

with Kale, Chickpeas & Crushed Peanuts

Grab your Meal Kit with this symbol



Zucchini



Carrot



Chickpeas



Ginger



Garlic



Snow Peas



Kale



Southeast Asian Spice Blend



Light Coconut Milk



Vegetable Stock Pot



Crushed Peanuts

Hands-on: 30-40 mins  
Ready in: 40-50 mins

Carb Smart

You won't believe it, but this hearty stew is low-carb and so good for you, you'll be craving it time and time again! With a fragrant coconut sauce loaded with the goodness of fibre-rich chickpeas and gorgeous greens, it's healthy, nutritious and delicious.

### Pantry items

Olive Oil, Soy Sauce

## 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 saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
chickpeas	½ tin	1 tin
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
snow peas	1 packet (100g)	1 packet (200g)
kale	1 bag (80g)	1 bag (200g)
Southeast Asian spice blend	1 sachet	2 sachets
light coconut milk	1 tin (400ml)	2 tins (800ml)
soy sauce*	1 tsp	2 tsp
vegetable stock pot	1 tub (20g)	1 tub (40g)
crushed peanuts	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1818kJ (434Cal)	294kJ (70Cal)
Protein (g)	11.3g	1.8g
Fat, total (g)	27.6g	4.5g
- saturated (g)	10.4g	1.7g
Carbohydrate (g)	29.3g	4.7g
- sugars (g)	13.2g	2.1g
Sodium (mg)	1233mg	199mg
Dietary fibre (g)	14.8g	2.4g

The quantities provided above are averages only.

## Allergens

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

Visit [hellofresh.com.au/foodinfo](https://hellofresh.com.au/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**. Cut the **zucchini** and **carrot** (unpeeled) into 1cm chunks. Place the **zucchini** and **carrot** on an oven tray lined with baking paper. Drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat. Bake until tender, **20-25 minutes**.



## Get prepped

While the veggies are roasting, drain the **chickpeas** (see ingredients). Finely grate the **ginger**. Finely chop the **garlic**. Trim the **snow peas** and cut in half. Thinly slice the **kale**, discarding any larger pieces of stalk if you like.



## Start the stew

Heat a large saucepan over a medium-high heat with a drizzle of **olive oil**. Add the **ginger** and the **garlic** and cook until fragrant, **1 minute**. Add the drained **chickpeas** and **Southeast Asian spice blend** and cook until fragrant, **1 minute**.



## Add the coconut milk

Add the **light coconut milk**, **soy sauce** and **vegetable stock pot**, stir well to combine and bring to a simmer. Add the **snow peas** and cook until softened slightly, **2-3 minutes**.



## Add the kale & roast veggies

Stir in the **kale** and cook until wilted, **2 minutes**. Stir in the **roasted veggies**.

**TIP:** Add a splash of water if the stew looks too thick!



## Serve up

Divide the coconut veggie stew with kale and chickpeas between bowls. Sprinkle over the **crushed peanuts**.

Enjoy!