



Middle Eastern Chickpea & Tomato Stew

with Carrot & Currant Couscous

Grab your Meal Kit with this symbol



Garlic



Zucchini



Baby Spinach Leaves



Carrot



Chickpeas



Mint



Chermoula Spice Blend



Diced Tomatoes With Garlic & Onion



Vegetable Stock Powder



Couscous



Currants



Greek-Style Yoghurt



Flaked Almonds

- Hands-on: 25-35 mins
- Ready in: 40-50 mins
- Calorie Smart

This hearty stew makes for the ultimate cold weather meal. Brought together with a jazzed up couscous and creamy Greek-style yoghurt, you'd never know it was light on the calories.

Pantry items

Olive Oil, Butter, Brown Sugar

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

Large frying pan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
zucchini	1	2
baby spinach leaves	1 medium bag (60g)	1 large bag (120g)
carrot	½	1
chickpeas	1 tin	2 tins
mint	1 bag	1 bag
chermoula spice blend	1 sachet	2 sachets
diced tomatoes with garlic & onion	1 box	2 boxes
vegetable stock powder	1 large sachet	2 large sachets
water* (for the sauce)	¼ cup	½ cup
butter*	20g	40g
brown sugar*	1 tsp	2 tsp
water* (for the couscous)	¾ cup	1½ cups
couscous	1 medium packet	1 large packet
currants	1 medium packet	1 large packet
Greek-style yoghurt	1 medium packet	1 large packet
flaked almonds	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2668kJ (638Cal)	399kJ (95Cal)
Protein (g)	22.2g	3.3g
Fat, total (g)	19.3g	2.9g
- saturated (g)	7.6g	1.1g
Carbohydrate (g)	89.5g	13.4g
- sugars (g)	29.7g	13.4g
Sodium (mg)	2421mg	362mg

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



Get prepped

Finely chop the **garlic**. Roughly chop the **zucchini** and **baby spinach leaves**. Grate the **carrot** (see ingredients). Drain and rinse the **chickpeas**. Pick and finely slice the **mint** leaves.



Cook the carrot couscous

While the stew is cooking, heat a drizzle of **olive oil** in a medium saucepan over a medium-high heat. Add the **carrot** and the remaining **garlic** and cook until softened, **2-3 minutes**. Add the **water (for the couscous)** and the remaining **vegetable stock powder** and bring to the boil. Add the **couscous** and **currants**, then stir to combine. Cover with a lid then remove from the heat. Leave until 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**. Add the **chickpeas** and **zucchini**. Cook until the zucchini has softened, **3-4 minutes**. Add the **chermoula spice blend** and 1/2 the **garlic** and cook until fragrant, **1 minute**.



Make the mint yoghurt

In a small bowl, combine the **Greek-style yoghurt**, 1/2 the **mint** and a drizzle of **olive oil**. Season to taste.



Finish the stew

Add the **diced tomatoes with garlic & onion**, 1/2 the **vegetable stock powder** and the **water (for the sauce)**. Stir to combine. Simmer until the sauce has thickened slightly, **2-4 minutes**. Add the **baby spinach**, **butter** and **brown sugar** and stir until the **spinach** is wilted, **1 minute**. Season with **salt** and **pepper**. Set aside.



Serve up

Divide the carrot and cumin couscous between bowls and spoon over the Middle Eastern chickpea stew. Serve topped with the mint yoghurt and sprinkled with the **flaked almonds** and remaining mint.

Enjoy!

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