

Moroccan-Style Butter Bean Stew

with Veggies & Garlic Tortilla Flatbreads

Grab your Meal Kit with this symbol



Recipe Update
 The recent wet and cold weather across New Zealand has impacted our regular supply of fresh ingredients and as such, what you receive may be slightly different to what's pictured. Don't worry, your recipe will be just as delicious!

- Carrot
- Onion
- Kumara
- Celery
- Garlic
- Silverbeet
- Tomato Paste
- Chermoula Spice Blend
- Coconut Milk
- Vegetable Stock Powder
- Cannellini Beans
- Mini Flour Tortillas
- Herbs
- Chicken Breast

Prep in: 25-35 mins
 Ready in: 35-45 mins
 Eat Me Early*
 *Custom Recipe only

Plant Based

Inspired by 'harira', a traditional North African soup brimming with legumes, veggies and fresh herbs, this is no humble stew! Simmer all the goodness with creamy coconut milk and our chermoula spice blend, and scoop it up with golden, crispy flatbreads, straight from the oven.

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

Pantry items
 Olive Oil, Plant-Based 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

Two oven trays lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
onion	1 (medium)	1 (large)
kumara	1 (medium)	1 (large)
celery	1 stalk	2 stalks
garlic	3 cloves	6 cloves
silverbeet	1 bag	1 bag
tomato paste	1 packet	2 packets
chermoula spice blend	1 sachet	1 sachet
water*	½ cup	1 cup
coconut milk	1 box (200ml)	1 tin (400ml)
vegetable stock powder	1 medium sachet	1 large sachet
cannellini beans	1 tin	2 tins
plant-based butter*	30g	60g
mini flour tortillas	6	12
herbs	1 bag	1 bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3639kJ (869Cal)	513kJ (122Cal)
Protein (g)	28.6g	4g
Fat, total (g)	39g	5.5g
- saturated (g)	29.1g	4.1g
Carbohydrate (g)	89.6g	12.6g
- sugars (g)	16g	2.3g
Sodium (mg)	1914mg	270mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	4398kJ (1051Cal)	506kJ (120Cal)
Protein (g)	61.1g	7g
Fat, total (g)	44.7g	5.1g
- saturated (g)	30.8g	3.5g
Carbohydrate (g)	89.6g	10.3g
- sugars (g)	16g	1.8g
Sodium (mg)	2013mg	232mg

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.

We're here to help!

Scan here if you have any questions or concerns



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Thinly slice **carrot** into half-moons. Slice **onion** into wedges. Peel and cut **kumara** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle generously with **olive oil**, season with **salt** and **pepper** and toss to coat. Roast until tender, **20-25 minutes**.



Finish the stew

- Add the **water**, **coconut milk**, **vegetable stock powder** and **cannellini beans** (including the liquid!) and cook, stirring, until slightly thickened, **3-4 minutes**.
- Stir in **silverbeet**, the **plant-based butter** and **roasted veggies** and cook until the silverbeet is just wilted, **1-2 minutes**.



Get prepped

- Meanwhile, thinly slice **celery**. Finely chop **garlic**. Roughly chop **silverbeet**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Make the garlic flatbreads

- Meanwhile, combine a drizzle of **olive oil** and the remaining **garlic** in a small bowl.
- Place **mini flour tortillas** on a second lined oven tray, then brush over the **garlic oil mixture**. Bake until golden and crispy, **5-8 minutes**.



Start the stew

- In a large frying pan or saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **celery**, stirring, until softened, **4-5 minutes**.
- Add **tomato paste**, **chermoula spice blend** and 1/2 the **garlic** and cook until fragrant, **1-2 minutes**.

Custom Recipe: Cook chicken with the celery, tossing occasionally until browned and cooked through, 3-4 minutes.



Serve up

- Divide Moroccan-style butter bean stew between bowls.
- Tear over **herbs** and serve with garlic tortilla flatbreads. Enjoy!

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