

Rainbow Chard and Chickpea Moroccan Style Stew



with Feta and Couscous

RAPID 20 Minutes • Little Heat • 2.5 of your 5 a day • Veggie









Dried Apricots







Couscous



Vegetable Stock Powder



Harissa Paste



Tomato Passata



Rainbow Chard



Flat Leaf Parsley



Feta Cheese

Before you start

Our fruit, veggies and herbs need a wash before vou use them!

Basic cooking tools, you will need:

Fine Grater (or Garlic Press), Colander, Saucepan, Frying Pan and Measuring Jug.

Ingredients

•				
	2P	3P	4P	
Onion**	1	1	2	
Dried Apricots 14)	1 bag	1 bag	2 bags	
Garlic Clove**	2 cloves	3 cloves	4 cloves	
Chickpeas	1 carton	1½ cartons	2 cartons	
Boiling Water for the Couscous*	240ml	360ml	480ml	
Couscous 13)	120g	180g	240g	
Vegetable Stock Powder 10)	2 sachets	3 sachets	4 sachets	
Harissa Paste	1 sachet	1½ sachets	2 sachets	
Tomato Passata	1 sachet	1½ sachets	2 sachets	
Water for the Stew*	100ml	150ml	200ml	
Rainbow Chard**	1 bag	1 bag	2 bags	
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch	
Feta Cheese 7)**	1 block	1½ blocks	2 blocks	
*Not Included ** Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	535g	100g
Energy (kJ/kcal)	3027 /724	566/135
Fat (g)	24	5
Sat. Fat (g)	10	2
Carbohydrate (g)	91	17
Sugars (g)	25	5
Protein (g)	29	6
Salt (g)	4.13	0.77

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

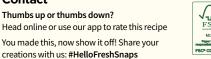
7) Milk 10) Celery 13) Gluten 14) Sulphites

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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Packed in the UK



1. Get Prepped

- a) Fill and boil your kettle.
- **b)** Halve, peel and thinly slice the **onion**.
- c) Roughly chop the apricots.
- **d)** Peel and grate the **garlic** (or use a garlic press).
- e) Drain and rinse the chickpeas in a colander.



2. Cook the Couscous

- a) Pour the boiling water for the couscous (see ingredients for amount) into a saucepan and bring back to the boil.
- **b)** When boiling, remove from the heat, stir in the couscous and half the veg stock powder.
- c) Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



3. Start the Stew

- a) Heat a drizzle of oil in a large frying pan on medium high heat.
- **b)** Once hot, add the **onion** and cook until softened, 4-5 mins. Stir occasionally.
- c) Stir in the garlic, harissa paste and dried apricots. Cook for one minute.



4. Simmer

- a) Stir in the passata, water (see ingredients for amount) and remaining **stock** powder.
- b) Season with salt and pepper.
- c) Add the chickpeas and simmer until the sauce has thickened slightly, 2-3 mins.
- d) Add the rainbow chard in handfuls and stir into the sauce.
- e) Cover with a lid and cook until the chard is tender, 3-4 more mins.



5. Finish the Prep

- a) While the stew cooks, roughly chop the parsley (stalks and all).
- **b)** Break up the **feta** into small chunks.
- c) Fluff up the couscous with a fork and stir through a drizzle of oil and half the parsley.
- d) Taste the couscous and add salt and pepper if you feel it needs it.



6. Finish and Serve

- a) Taste the stew and add salt and pepper if you feel it needs it. **TIP:** Add a splash of water too if you feel it needs loosening up a bit.
- **b)** Serve the **couscous** in bowls, spoon the stew on top and finish with the **feta** and remaining **parsley**.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.