



# Rainbow Chard and Chickpea Moroccan Style Stew

with Feta and Couscous

Nº 23

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



Onion



Dried Apricots



Garlic Clove



Chickpeas



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 you 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 <b>14)</b>	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 <b>13)</b>	120g	180g	240g
Vegetable Stock Powder <b>10)</b>	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 <b>7)**</b>	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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♻️ You can recycle me!



Packed in the UK



## 1. Get Prepped

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



## 4. Simmer

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



## 2. Cook the Couscous

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



## 5. Finish the Prep

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



## 3. Start the Stew

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



## 6. Finish and Serve

- 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.
- 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.