



Spinach and Chickpea Moroccan Style Stew

with Feta and Couscous

N° 16

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



Onion



Dried Apricots



Garlic Clove



Chickpeas



Couscous



Vegetable Stock Powder



Tagine Paste



Tomato Passata



Baby Spinach



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, Measuring Jug and Frying Pan.

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
Tagine Paste	1 small sachet	1 large sachet	2 small sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Water for the Stew*	50ml	75ml	100ml
Sugar*	1 tsp	1½ tsp	2 tsp
Baby Spinach**	1 small bag	1 large bag	2 small 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	536g	100g
Energy (kJ/kcal)	3027 / 724	565 / 135
Fat (g)	24	4
Sat. Fat (g)	10	2
Carbohydrate (g)	90	17
Sugars (g)	24	4
Protein (g)	30	6
Salt (g)	3.91	0.73

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

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

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

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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** and add the **sugar** (see ingredients for amount).
- Add the **chickpeas** and simmer until the sauce has thickened slightly, 4-5 mins.
- Stir in the **spinach** in handfuls and cook until wilted and piping hot, 2-3 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 **olive oil** and **half** the **parsley**.
- Taste the **couscous** and add **salt** and **pepper** if you feel it needs it.



3. Start the Stew

- Meanwhile, 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**, **tagine 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.