

Spinach and Chickpea Moroccan Style Stew

with Toasted Almonds and Couscous

Classic 20 Minutes • Little Spice • 2 of your 5 a day







Dried Apricots





Garlic Clove





Couscous



Vegetable Stock Powder



Flaked Almonds



Tagine Paste



Tomato Passata



Baby Spinach



Flat Leaf Parsley

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Colander, Saucepan. Frying Pan, Measuring Jug and Bowl.

Ingredients

	2P	3P	4P			
Onion**	1	1	2			
Dried Apricots 14)	1 bag	1 bag	2 bags			
Garlic Clove**	2	3	4			
Chickpeas	1 carton	1½ carton	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			
Flaked Almonds 2)	15g	25g	25g			
Tagine Paste	1 sachet	1 sachet	2 sachets			
Tomato Passata	1 carton	1½ carton	2 cartons			
Water for the Stew*	50ml	75ml	100ml			
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp			
Baby Spinach**	100 bags	150 bags	200 bags			
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch			
		*Not Included **Store in the Fridge				

Nutrition

	Per serving	Per 100g
for uncooked ingredient	493g	100g
Energy (kJ/kcal)	2644 /632	536 /128
Fat (g)	16	3
Sat. Fat (g)	2	1
Carbohydrate (g)	93	19
Sugars (g)	26	5
Protein (g)	24	5
Salt (g)	2.95	0.60

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut 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

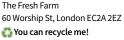
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Get Prepped

- 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 sieve.



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.



Start the Stew

- a) Heat a large frying pan on medium-high heat (no oil). Once hot, add the flaked almonds and cook, stirring regularly, until lightly toasted, 1-2 mins. TIP: Watch them like a hawk as they can burn easily. Remove from the pan to a bowl.
- b) Pop your pan back on medium-high heat and add drizzle of oil.
- c) Once hot, add the onion and cook until softened, 4-5 mins. Stir occasionally.
- d) Stir in the garlic, tagine paste and dried apricots. Cook for 1 minute.



Simmer

- a) Stir in the passata, water (see ingredients for amount) and remaining stock powder.
- b) Season with salt and pepper and add the sugar (see ingredients for amount).
- c) Add the chickpeas and simmer until the sauce has thickened slightly, 4-5 mins.
- d) Stir in the spinach in handfuls and cook until wilted and piping hot, 2-3 mins. TIP: Add a splash of water if you feel it needs it.



Finish the Prep

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



Finish and Serve

- a) Taste the stew and add season with salt and pepper if needed. 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 **flaked almonds** 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.