



Spinach and Chickpea Moroccan Style Stew

with Toasted Almonds and Couscous

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

23



Onion



Dried Apricots



Garlic Clove



Chickpeas



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 use them!

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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Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



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 sieve.

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. **TIP:** Add a splash of water if you feel it needs it.

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).
- 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 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.
- Pop your pan back on medium-high heat and add drizzle of **oil**.
- 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 1 minute.

6



Finish and Serve

- 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.
- 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.