

Spinach and Chickpea Moroccan Style Stew



with Baharat, Parsley and Couscous

Rapid 20 Minutes • Mild Spice • 2 of your 5 a day • Veggie











Garlic Clove





Couscous



Vegetable Stock





Tagine Paste



Baharat Spice





Flat Leaf Parsley



Baby Spinach

Greek Style Salad

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Kettle, Garlic Press, Sieve, Measuring Jug, Saucepan, Lid and Frying Pan.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Dried Apricots 14)	40g	40g	80g
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Water for the Couscous*	240ml	360ml	480ml
Couscous 13)	120g	180g	240g
Vegetable Stock Paste 10)	20g	30g	40g
Tagine Paste	100g	150g	200g
Tomato Passata	1 carton	1½ cartons	2 cartons
Baharat Spice	1 sachet	1 sachet	2 sachets
Water for the Sauce*	50ml	75ml	100ml
Sugar*	1 tsp	1½ tsp	2 tsp
Baby Spinach**	100g	150g	200g
Flat Leaf Parsley**	1 bunch	1 bunch	1 bunch
Greek Style Salad Cheese** 7)	100g	150g	200g
*Not Included **Sto	re in the Frid	ge	

Nutrition

	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2991 /715	526/126
Fat (g)	23	4
Sat. Fat (g)	10	2
Carbohydrate (g)	89	16
Sugars (g)	24	4
Protein (g)	30	5
Salt (g)	4.65	0.82

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

Thumbs up or thumbs down?

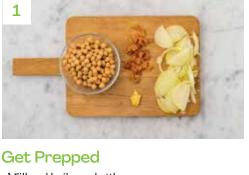
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- a) Fill and boil your kettle.
- **b)** Halve, peel and thinly slice the **onion**.
- c) Roughly chop the apricots. Peel and grate the garlic (or use a garlic press).
- d) Drain and rinse the chickpeas in a sieve.



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 and stir in the couscous and half the veg stock paste.
- 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) Meanwhile, 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, tagine paste and dried apricots. Cook for 1 min.



Simmer

- a) Stir in the passata, baharat spice, water for the sauce (see ingredients for amount) and remaining veg stock paste.
- 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 the **spinach** in a handful at a time and cook until wilted and piping hot, 2-3 mins.



Finish the Prep

- a) While the stew cooks, roughly chop the parsley (stalks and all).
- b) Break up the Greek style salad cheese into small chunks.
- c) Fluff up the couscous with a fork and stir through a drizzle of olive oil and half the parsley.
- d) Taste the couscous and add salt and pepper if needed.



Serve

- a) Taste the stew and add 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 and spoon the stew on top. Finish with the Greek style salad **cheese** and remaining **parsley** scattered over.

Enjoy!



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.