



Chermoula Chickpea, Tomato and Cashew Stew

with Pepper, Greek Style Cheese and Couscous

23

Calorie Smart 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie • Under 650 Calories



Bell Pepper



Baby Plum Tomatoes



Couscous



Vegetable Stock Paste



Chickpeas



Garlic Clove



Tomato Puree



Chermoula Spice Mix



Cashew Butter



Greek Style Salad Cheese



Toasted Flaked Almonds

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Kettle, bowl, cling film, frying pan, sieve and garlic press.

Ingredients

Ingredients	2P	3P	4P
Bell Pepper***	1	2	2
Baby Plum Tomatoes	125g	190g	250g
Couscous (13)	120g	180g	240g
Vegetable Stock Paste (10)	20g	30g	40g
Chickpeas	1 carton	1½ cartons	2 cartons
Garlic Clove**	2	3	4
Tomato Puree	30g	45g	60g
Chermoula Spice Mix	1 sachet	1 sachet	2 sachets
Cashew Butter (2)	30g	45g	60g
Greek Style Salad Cheese** (7)	50g	100g	100g
Toasted Flaked Almonds (2)	15g	25g	30g
Pantry	2P	3P	4P
Boiled Water for the Couscous*	240ml	360ml	480ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	200ml	300ml	400ml

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be green, yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2601/622	677/162
Fat (g)	22.4	5.8
Sat. Fat (g)	6.1	1.6
Carbohydrate (g)	73.2	19.1
Sugars (g)	12.8	3.3
Protein (g)	26.6	6.9
Salt (g)	3.41	0.89

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).
Point™ values based on low-cal cooking spray oil.

Allergens

2) Nuts (7) Milk (10) Celery (13) Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Prepped

- Boil a full kettle.
- Meanwhile, halve the **bell pepper** and discard the core and seeds. Slice into thin strips.
- Halve the **baby plum tomatoes**.



Sauce Things Up

- Once the **veg** has softened, lower the heat.
- Stir in the **tomato puree** and **garlic**. Cook, stirring, for 1 min more.
- Add the **chermoula spice mix, chickpeas, cashew butter, sugar** and **water for the sauce** (see pantry for both amounts) and the remaining **vegetable stock paste**.
- Stir together well until the **cashew butter** is well combined with the **sauce**.



Get the Couscous on

- Put the **couscous** in a large bowl.
- Pour in the **boiled water for the couscous** (see pantry for amount).
- Stir in **half the vegetable stock paste**, then cover tightly with cling film.
- Leave to the side for 10 mins or until ready to serve.



Cheese Please

- Bring the **stew** to the boil, then lower the heat and simmer until thickened, 3-4 mins.
- While it simmers, crumble the **Greek style salad cheese**.
- Once the **stew** is ready, remove from the heat and season with **salt** and **pepper**. Add a splash more **water** if it's a little thick.



Time to Fry

- Meanwhile, heat a drizzle of **oil** in a large frying pan on high heat.
- Once hot, add the **pepper** and **tomatoes**. Season with **salt** and **pepper**.
- Cook, stirring occasionally, until softened, 4-5 mins.
- Meanwhile, drain and rinse the **chickpeas** in a sieve. Peel and grate the **garlic** (or use a garlic press).



Finish and Serve

- Fluff up the **couscous** with a fork and share between your bowls.
- Spoon over your **chickpea, tomato and cashew stew**.
- Sprinkle over the **cheese** and **flaked almonds** to finish.

Enjoy!

