



Spinach and Chickpea Moroccan Style Stew with Baharat and Mint Couscous

17

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



Dried Apricots



Garlic Clove



Chickpeas



Couscous



Vegetable Stock Paste



Baharat Spice Mix



Tagine Paste



Tomato Puree



Baby Spinach



Greek Style Salad Cheese



Mint

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, garlic press, sieve, saucepan, lid and frying pan.

Ingredients

Ingredients	2P	3P	4P
Dried Apricots 14)	40g	40g	80g
Garlic Clove**	3	4	6
Chickpeas	1 carton	1½ cartons	2 cartons
Couscous 13)	110g	180g	240g
Vegetable Stock Paste 10)	20g	30g	40g
Baharat Spice Mix	1 sachet	1 sachet	2 sachets
Tagine Paste	100g	150g	200g
Tomato Puree	30g	45g	60g
Baby Spinach**	40g	100g	100g
Greek Style Salad Cheese** 7)	100g	150g	200g
Mint**	1 bunch	1 bunch	1 bunch
Pantry	2P	3P	4P
Boiled Water for the Couscous*	220ml	360ml	480ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	175ml	260ml	350ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	344g 2647 /633	100g 770 /184
Fat (g)	22.9	6.7
Sat. Fat (g)	8.7	2.5
Carbohydrate (g)	75.3	21.9
Sugars (g)	17.9	5.2
Protein (g)	25.7	7.5
Salt (g)	4.27	1.24

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

7) Milk **10)** Celery **13)** Cereals containing gluten
14) Sulphites

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

- Fill and boil your kettle.
- Roughly chop the **apricots**.
- Peel and grate the **garlic** (or use a garlic press).
- Drain and rinse the **chickpeas** in a sieve.



Simmer your Stew

- Stir the remaining **veg stock paste, tomato puree, sugar and water for the sauce** (see pantry for both amounts) into the pan. Season with **salt and pepper**.
- Add the **chickpeas** and simmer until the **sauce** has thickened slightly, 4-5 mins.
- Stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins.



Cook the Couscous

- Heat a drizzle of **oil** in a medium saucepan on medium heat. Add **half** the **garlic** and stir-fry for 30 secs.
- Pour the **boiled water for the couscous** (see pantry for amount) into the pan and bring back to the boil.
- When boiling, remove from the heat and stir in the **couscous** and **half** the **veg stock paste**.
- Pop a lid on the pan and leave to the side for 8-10 mins or until ready to serve.



Add the Mint

- While the **stew** cooks, roughly chop the **mint** (stalks and all).
- Crumble the **Greek style salad cheese** into small pieces.
- When ready, fluff up the **couscous** with a fork and stir through the **mint**.
- Taste the **couscous** and add **salt** and **pepper** if needed.



Bring on the Spices

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- Once hot, add the **baharat, tagine paste, chopped apricots** and remaining **garlic**. Cook, stirring, for 30 secs.



Serve

- Taste the **stew** and add **salt** and **pepper** if needed. Add a splash of **water** if you feel it needs it.
- Serve the **mint couscous** in bowls and spoon the **spinach and chickpea stew** on top.
- Scatter over the **Greek style salad cheese** to finish.

Enjoy!