



# Spinach and Chickpea Moroccan Style Stew with Baharat, Parsley and Couscous

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

17



Onion



Dried Apricots



Garlic Clove



Chickpeas



Couscous



Vegetable Stock Paste



Tagine Paste



Tomato Passata



Baharat Spice



Baby Spinach



Flat Leaf Parsley



Greek Style Salad Cheese

## Before you start

Our fruit and veggies need a little wash before you use them!

## 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 <b>14)</b>	40g	40g	80g
Garlic Clove**	2	3	4
Chickpeas	1 carton	1½ cartons	2 cartons
Water for the Couscous*	240ml	360ml	480ml
Couscous <b>13)</b>	120g	180g	240g
Vegetable Stock Paste <b>10)</b>	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** <b>7)</b>	100g	150g	200g

\*Not Included \*\*Store in the Fridge

## 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

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HelloFresh UK

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You can recycle me!



## 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.



## Simmer

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



## 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 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.



## Finish the Prep

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



## Start the Stew

- Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.
- 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 min.



## Serve

- 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.
- Serve the **couscous** in bowls and spoon the **stew** on top. Finish with the **Greek style salad cheese** and remaining **parsley** scattered over.

## 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.