



Spiced Butternut Squash Stew with harissa chickpeas and couscous

Veggie 20-25 mins • Spicy • Eat me first

7



Diced Butternut Squash



Couscous



Harissa Paste



Peanut Butter



Peanuts



Coconut Milk



Chopped Tomato
with Onion & Garlic



Chickpeas



Ras-el-Hanout



Lemon

Pantry Items: Oil, Salt, Pepper, Sugar, Water

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Pan with lid, sieve

Ingredients

	2P	4P
Diced Butternut Squash	1 unit	2 units
Couscous	100 g	250 g
Harissa Paste	1 sachet	2 sachets
Peanut Butter	1 sachet	2 sachets
Peanuts	20 g	40 g
Coconut Milk	1 pack	2 packs
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Chickpeas	1 pack	2 packs
Ras-el-Hanout	1 sachet	2 sachets
Lemon	1 unit	2 units

Nutrition

	Per serving	Per 100g
for uncooked ingredients	777 g	100 g
Energy (kJ/kcal)	3727.9 kJ/ 891 kcal	479.8 kJ/ 114.7 kcal
Fat (g)	39 g	5 g
Sat. Fat (g)	17.8 g	2.3 g
Carbohydrate (g)	92.2 g	11.9 g
Sugars (g)	23.7 g	3.1 g
Protein (g)	30.2 g	3.9 g
Salt (g)	3.9 g	0.5 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Cook the Butternut Squash

- Boil a large pot of **salted water** for the **butternut squash**.
- When boiling, add the **butternut squash** and cook until fork tender, 10-15 mins.
- Drain and rinse the **chickpeas** in a sieve.
- Cut the **lemon** into quarters.

TIP: *If you're in a hurry you can boil the water in your kettle.*



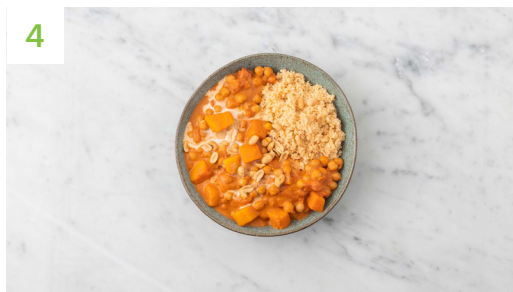
Make the Couscous

- Meanwhile, pop the **couscous** into a bowl.
- Pour in 200ml boiling **water** (500ml for 4p).
- Stir through **half** the **harissa paste**.
- Cover with a plate or cling film and leave aside for 10 mins or until ready to serve.



Simmer the Stew

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chickpeas** and gently shake the pan to toss for 3-5 mins.
- Add the **ras-el-hanout** and remaining **harissa**. Fry for 1 min more.
- Stir in the **chopped tomato**, **peanut butter**, two-thirds of the **coconut milk** and the juice from one-quarter of the **lemon** wedges. Cover and simmer for 8-10 mins.
- Stir occasionally and add a splash of **water** to loosen the sauce if required.



Finish and Serve

- Drain the cooked **butternut** and stir into the stew.
- Season to taste with **salt**, **pepper** and **sugar**.
- Fluff up the **couscous** with a fork and season to taste with **salt** and **pepper**.
- Divide **couscous** between bowls and top with the stew.
- Garnish with **peanuts** and a swirl of remaining **coconut milk**. Serve with remaining **lemon** wedges.

Enjoy!