



Spiced Butternut Squash Stew with chickpeas and couscous

Veggie Quick Cook 20 – 25 mins • Eat me first • Spicy

21



Diced Butternut Squash



Chickpeas



Couscous



Harissa Paste



Peanut Butter



Peanuts



Coconut Milk



Chopped Tomato with Onion & Garlic



Ras-el-Hanout



Lemon



Vegetable Stock



Honey

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



Rate your recipe!

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

Baking sheet with baking paper, pan with lid, sieve

Ingredients

	2P	4P
Diced Butternut Squash	1 unit	2 units
Chickpeas	1 pack	2 packs
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
Ras-el-Hanout	1 sachet	2 sachets
Lemon	1 unit	2 units
Vegetable Stock	1 sachet	2 sachets
Honey	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	783 g	100 g
Energy (kJ/kcal)	3794.9 kJ/ 907 kcal	484.7 kJ/ 115.8 kcal
Fat (g)	39.2 g	5 g
Sat. Fat (g)	17.9 g	2.3 g
Carbohydrate (g)	95.7 g	12.2 g
Sugars (g)	26.9 g	3.4 g
Protein (g)	30.3 g	3.9 g
Salt (g)	4.8 g	0.6 g

Nutrition for uncooked ingredients based on 2 person recipe.

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

Share your creations with #HelloFreshIreland

Any questions? Contact our customer care team at hellofresh.ie/about/faq



You can recycle me!



Cook the Butternut Squash

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Pop the **butternut squash** onto a large (lined) baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.

TIP: Use two baking trays if necessary.



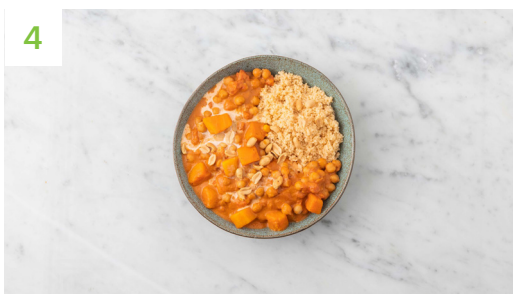
Make the Couscous

- Meanwhile, pop the **couscous** into a bowl.
- Pour in 200ml boiling **water** (500ml for 4p) along with the **stock powder**.
- Cover with a plate or cling film and leave aside for 10 mins (or until ready to serve).
- Drain and rinse the **chickpeas** in a sieve. Stir the **coconut milk** (or shake the packet) to dissolve any lumps.
- Cut the **lemon** into quarters.



Simmer the Stew

- Place a large pan over medium-high heat with a drizzle of **oil**.
- When hot, add the **chickpeas** and cook, shifting occasionally, 3-5 mins. Add the **ras-el-hanout**. Fry for 1 min more.
- Stir in **chopped tomatoes**, **peanut butter** and **two-thirds** of the **coconut milk**.
- Squeeze in the juice of one **lemon** wedge (double for 4p), cover and simmer, 8-10 mins.
- Stir occasionally to prevent sticking. Loosen the sauce with a splash of **water** if required.



Finish and Serve

- Stir the roast **butternut**, **honey** and **harissa paste** 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 the **couscous** between bowls and top with the stew.
- Garnish with **peanuts** and a swirl of remaining **coconut milk**. Serve with remaining **lemon** wedges on the side.

Enjoy!