



Spiced Butternut Squash Stew

with chickpeas and couscous

Veggie Quick Cook 20-25 mins • Spicy

8



Chickpeas



Couscous



Korma Paste



Peanut Butter



Peanuts



Coconut Milk



Chopped Tomato
with Onion & Garlic



Diced Butternut Squash



Ras-el-Hanout

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

Before you start

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

Cooking tools you will need

Sieve, Pan with Lid

Ingredients

	2P	4P
Chickpeas	1 pack	2 packs
Couscous	100 g	250 g
Korma Paste	1 sachet	2 sachets
Peanut Butter	1 sachet	2 sachets
Peanuts	20 g	40 g
Coconut Milk	180 ml	360 ml
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Diced Butternut Squash	1 unit	2 units
Ras-el-Hanout	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	727 g	100 g
Energy (kJ/kcal)	3665.8 kJ/ 876.1 kcal	504.2 kJ/ 120.5 kcal
Fat (g)	38.9 g	5.3 g
Sat. Fat (g)	17.8 g	2.5 g
Carbohydrate (g)	87.5 g	12 g
Sugars (g)	22.4 g	3.1 g
Protein (g)	29.6 g	4.1 g
Salt (g)	3.9 g	0.5 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

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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.

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



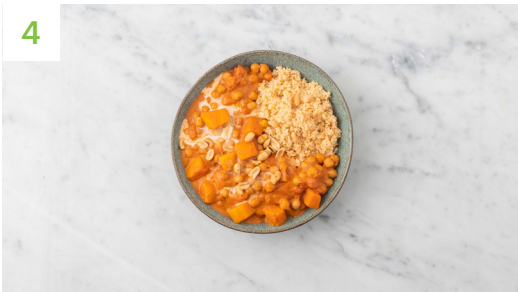
Make the Couscous

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



Simmer the Stew

- Place a large pan over a medium-high heat with a drizzle of **oil**.
- When hot, add the **chickpeas** and toss for 3-5 mins.
- Add the **ras-el-hanout** and remaining **korma paste**. Fry for another minute.
- Stir in the **chopped tomato**, 2 tbsp **peanut butter** (double for 4p) and two-thirds of the **coconut milk**. 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 **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, top with the stew and garnish with **peanuts** and a swirl of remaining **coconut milk**.

Enjoy!