

# Mediterranean Spiced Butternut Squash and Chickpea Stew

with Toasted Almond Couscous

**hellóchef**

Cals 964 • Prot 33 • Carbs 171 • Fat 22

Vegan

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🕒 cook: 40 min

R2875





Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

Stew	2 ppl	3 ppl	4 ppl	
Butternut squash	600	900	1200	Grams
Olive oil	2	3	4	Tbsp
Salt	0.5	1	1	Tsp
White onion	1	1	2	Piece
Garlic cloves	3	4	4	Piece
Chickpeas	240	240	480	Grams
Cinnamon powder	2	2	2	Grams
Dried oregano	2	2	4	Grams
Chilli flakes	2	2	4	Grams
Red vinegar	30	45	60	ML
Golden raisins 14*	30	45	60	Grams
Kalamata olives	80	80	160	Grams
Vegetable stock cube 15*	1	2	2	Piece
Capers	20	30	40	Grams
Chopped tomatoes	400	400	800	Grams
Brown sugar	5	10	10	Grams
Water	200	300	400	ML
Tomato paste	50	70	70	Grams
Fresh basil	15	15	15	Grams

Couscous				
Water	250	375	500	ML
Saffron Splash	10	20	30	ML
Couscous 10*, 11*	150	225	300	Grams
Whole almonds 1*, 2*	40	60	80	Grams
Lemon	1	1	2	Piece

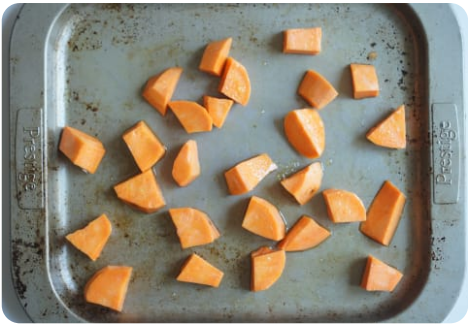
Allergens

\*14 Sulphur Dioxide, \*15 Celery, \*10 Wheat, \*11 Gluten, \*1 Peanuts, \*2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

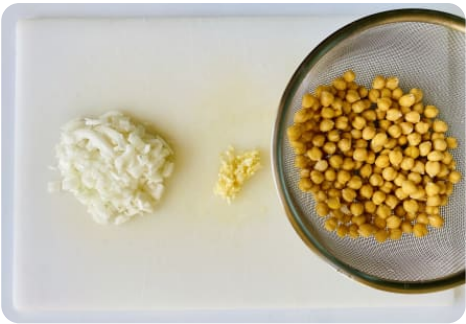
Nutritional information	Per Serving*
Energy (kJ/kcal)	4035 / 964
Fat (g)	22
of which saturates (g)	2.4
Carbohydrate (g)	171
of which sugars (g)	33.7
Fiber (g)	28.6
Protein (g)	33.2
Salt (g)	4.8

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Roast squash

Preheat the oven to 200°C/180°C fan. Peel the **butternut squash**, slice it in half and, using a spoon, remove the seeds. Chop the **squash** into bite-size pieces. Place the **squash** onto a large baking tray with a drizzle of **olive oil** and season with **salt**. Roast in the oven for 30 min or until golden and crisp.



2 Prep

Meanwhile, peel and finely chop the **onion** and **garlic**. Drain the **chickpeas**.



3 Sauté

Heat a large pan over a medium-low heat with a generous drizzle of **olive oil**. Add the **onion** with a pinch of **salt** and fry for 5-6 min until soft. Once soft, add the **garlic**, a large pinch of **cinnamon**, the **oregano** and **chilli flakes (spicy!)** and fry for 1 min further.



4 Simmer

Add the **red vinegar**, **raisins**, **olives**, half of the **stock cube**, the **capers**, **chopped tomatoes**, **sugar**, **measured water**, **tomato paste** and **chickpeas**. Simmer for 15-20 min.



5 Prep couscous

Meanwhile, boil the **measured water** and dissolve the remaining **stock cube** and the **saffron** in it. Add the **couscous**, **almonds** and a drizzle of **olive oil** to a bowl and pour the hot **saffron stock** over it, stir once, then cover with cling film or a plate. Set aside for 5 min. Fluff with a fork and season with **lemon** juice before serving.



6 Serve

Once the **squash** is soft and the stew is ready, add the **squash** to the stew and simmer for 2 min further. Strip the **basil** leaves directly into the stew. Mix. Serve the stew over the **couscous**.