



# Spiced Butternut Squash Stew with chickpeas and couscous

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

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Chickpeas



Couscous



Harissa Paste



Peanut Butter



Peanuts



Coconut Milk



Chopped Tomato with Onion & Garlic



Diced Butternut Squash



Ras-el-Hanout



Lemon



Stock



Honey

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



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## 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
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
Diced Butternut Squash	300 g	600 g
Ras-el-Hanout	1 sachet	2 sachets
Lemon	1 unit	2 units
Stock	1 sachet	2 sachets
Honey	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	786 g	100 g
Energy (kJ/kcal)	3824.2 kJ/ 914 kcal	486.5 kJ/ 116.3 kcal
Fat (g)	39.6 g	5 g
Sat. Fat (g)	17.9 g	2.3 g
Carbohydrate (g)	96.1 g	12.2 g
Sugars (g)	27.1 g	3.4 g
Protein (g)	30.9 g	3.9 g
Salt (g)	4.9 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

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Any questions? Contact our customer care team at [hellofresh.ie/about/faq](https://www.hellofresh.ie/about/faq)



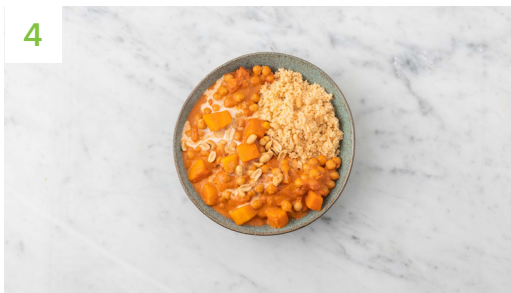
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## Cook the Butternut Squash

- 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 the tray halfway through.

**TIP:** Use two baking trays if necessary.



## 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!



## Make the Couscous

- Meanwhile, pop the **couscous** into a bowl.
- Pour in 200ml boiling **water** (500ml for 4p) along with the **stock**.
- 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.
- Quarter the **lemon**.



## 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.