



## Moroccan Chickpea and Green Raisin Tagine

with Freekeh, Mushrooms and Baby Spinach

*Tagine* is a Moroccan word that refers to both a conical-shaped pot, and the slow-cooked stews prepared in it. Our vegetarian version skips the long cooking time — it's a snap to prepare in 30 min! And we've added a twist with some special green raisins. Because, you know, green is our favourite colour!



Freekeh



Chickpeas



White  
Mushrooms



Baby Spinach



Passata



Red Onion



Parsley



Green Raisins



Moroccan Spice  
Blend



Vegetable Broth  
Concentrate

## Ingredients

	2 People	4 People
Freekeh	1 pkg (113 g)	2 pkg (227 g)
Chickpeas	1 can	2 cans
White Mushrooms	1 pkg (227 g)	2 pkg (454 g)
Baby Spinach	1 pkg (113 g)	2 pkg (227 g)
Passata	1 box	2 boxes
Red Onion, sliced	1 pkg (56 g)	2 pkg (113 g)
Parsley	1 pkg (10 g)	1 pkg (10 g)
Green Raisins	1 pkg (56 g)	2 pkg (113 g)
Moroccan Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Vegetable Broth Concentrate	2 pkg	4 pkg
Olive or Canola Oil*		

\*Not Included

## Allergens

1) Wheat/Blé

## Tools

Strainer, Kettle, Large Pan, Measuring Cups, Large Bowl, Medium Pot

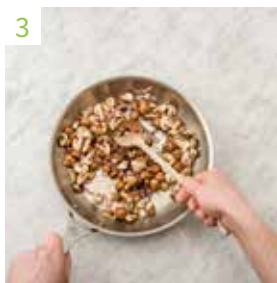
**Nutrition per person** Calories: 547 cal | Fat: 6g | Protein: 23g | Carbs: 101g | Fibre: 22g | Sodium: 835 mg

*Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*

Ruler

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3



**1 Prep: Wash and dry all produce.** In a medium pot, bring 1 cup **salted water** (double for 4 people) to a boil. Drain and rinse the **chickpeas**. Thinly slice the **mushrooms**. Roughly chop the **parsley**.

**2 Cook the freekeh:** Add the **freekeh** to the pot of boiling water. Reduce the heat to low. Simmer, covered, until tender and water has been absorbed, 15-18 min.

4



**3 Cook the veggies:** Meanwhile, heat a large pan over medium-high heat. Add a drizzle of **oil**, then the **onion** and **mushrooms**. Cook, stirring until golden-brown, 7-8 min.

**4 Add the green raisins, spice blend, passata, chickpeas, 1 pkg broth concentrate** (2 pkgs for 4 people) and **1/4 cup water** (double for 4 people) to the pan. Reduce the heat to medium-low and simmer until slightly thickened, 7-8 min.

6



**5 Make the freekeh:** Meanwhile, stir the **parsley** and **remaining broth concentrate(s)** into the **freekeh**.

**6 Finish and serve:** Stir the **spinach** into the **chickpea mixture** and cook until wilted, 1-2 min. Season with **salt** and **pepper**. Divide the **freekeh** between plates and top with the **tagine**. Enjoy!

**INGREDIENT TIP:** Green raisins are a common cooking ingredient in the Middle East. Its flavour is similar to sultana raisins, but slightly less sweet. They are dried in the shade — not the sun — to preserve their green colour!

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