

HELLO Persian-Inspired Chickpea Veggie Stew with Toosted Garlie Flathroads

with Toasted Garlic Flatbreads

Optional Spice

Veggie

35 Minutes





Customized Protein Add Add





If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥











1 | 2



Middle Eastern Seasoning



1 tbsp | 2 tbsp

Almonds, sliced 28 g | 56 g



7 g | 14 g



Zucchini



1 tbsp | 2 tbsp



Crushed Tomatoes with Garlic and Onion







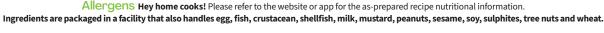
Ingredient quantities

Chili-Garlic Sauce



1 tbsp | 2 tbsp





Cooking utensils | 2 baking sheets, large pot, measuring cups, measuring spoons, silicone brush, small bowl, strainer, vegetable peeler



Prep and toast almonds

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then halve carrots lengthwise, then cut into ½-inch half-moons.
- Halve zucchini lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- · Roughly chop parsley.
- Drain **chickpeas**, reserving ¼ **cup** (½ cup) **canning liquid**. Discard remaining liquid.
- Heat a large pot over medium heat.
- When hot, add almonds to the dry pot. Toast, stirring often, until golden, 3-4 min. Transfer to a plate.



Finish stew

Add | Shrimp

- Add crushed tomatoes, broth concentrates, reserved canning liquid and chickpeas.
 Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until stew thickens slightly, 6-7 min.
- · Remove from heat.
- Season with salt and pepper, to taste.



Roast carrots

Add | Chicken Breast Tenders

🛨 Add | Shrimp

5

Toast flatbreads

with salt and pepper.

baking sheet.

• Meanwhile, stir together 1 tbsp (2 tbsp) oil

Arrange flatbreads on another unlined

• Toast in the **middle** of the oven until

flatbreads, so they don't burn!)

and remaining garlic puree in a small bowl.

• Brush garlic oil over flatbreads, then season

golden-brown, 2-4 min. (TIP: Keep an eye on

- Meanwhile, add carrots, 1 tbsp (2 tbsp)
 oil and ½ tbsp (1 tbsp) Middle Eastern
 Seasoning to an unlined baking sheet.
- Season with salt and pepper, then toss to coat.
- Roast in the middle of the oven, flipping halfway through, until golden-brown and tender, 20-22 min.



Start stew

- Meanwhile, reheat the same pot (from step 1) over medium-high, then add 1 tbsp (2 tbsp)
 butter. Swirl until melted, 30 sec.
- Add onions and zucchini. Cook, stirring often, until golden-brown, 3-4 min.
- Season with **salt** and **pepper**.
- Add remaining Middle Eastern Seasoning and half the garlic puree. Cook, stirring often, until fragrant, 30 sec.



Finish and serve

+ Add | Chicken Breast Tenders

- · Quarter flatbreads.
- Stir roasted carrots and half the parsley into stew.
- Divide **stew** between bowls.
- Drizzle chili-garlic sauce over top, if desired.
- Sprinkle with toasted almonds and remaining parsley.
- Serve flatbreads alongside.

2 | Roast carrots and cook chicken

1 tbsp

2 person

4 person

oil

Ingredient

🕕 Add | Chicken Breast Tenders

If you've opted to get **chicken tenders**, pat **chicken** dry with paper towels, then season with **salt** and **pepper**. Reheat the same pot (from step 1) over medium-high, then add ½ **tbsp** (1 tbsp) **oil** and **chicken**. Sear until **tenders** are golden-brown and cooked through, 3-4 min per side.** Transfer to a plate and cover to keep warm.

2 | Roast carrots and prep shrimp

+ Add | Shrimp

Measurements

within steps

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**.

4 | Finish stew

+ Add | Shrimp

Add **crushed tomatoes**, **shrimp**, **broth concentrates**, **reserved canning liquid** and **chickpeas**. Bring to a boil over high. Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until **stew** thickens slightly and **shrimp** is cooked through, 6-7 min.**

6 | Finish and serve

🚹 Add | Chicken Breast Tenders

Top stew with chicken tenders.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

^{**} Cook to a minimum internal temperature of 74°C/165°F, as sizes may vary.