



Persian-Inspired Chickpea Veggie Stew

with Toasted Garlic Flatbreads

Optional Spice

Veggie

35 Minutes

Customized Protein

+ Add

Swap

or

*2 Double

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](https://www.hellofresh.ca)

+ Add



Chicken Breast Tenders*
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Chickpeas
1 | 2



Carrot
2 | 4



Middle Eastern Seasoning
1 tbsp | 2 tbsp



Flatbread
2 | 4



Almonds, sliced
28 g | 56 g



Parsley
7 g | 14 g



Zucchini
1 | 2



Garlic Puree
1 tbsp | 2 tbsp



Crushed Tomatoes with Garlic and Onion
1 | 2



Yellow Onion
1 | 1



Vegetable Broth Concentrate
2 | 4



Chili-Garlic Sauce
1 tbsp | 2 tbsp

Allergens Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Pantry items | Salt, unsalted butter, pepper, oil

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

1



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.

4



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.

2



Roast carrots

+ Add | **Chicken Breast Tenders**

+ Add | **Shrimp**

- 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.

5



Toast flatbreads

- Meanwhile, stir together **1 tbsp** (2 tbsp) **oil** and **remaining garlic puree** in a small bowl.
- Arrange **flatbreads** on another unlined baking sheet.
- Brush **garlic oil** over **flatbreads**, then season with **salt** and **pepper**.
- Toast in the **middle** of the oven until golden-brown, 2-4 min. (**TIP:** Keep an eye on flatbreads, so they don't burn!)

3



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.

6



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.

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Roast carrots and cook chicken

+ 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**

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.