

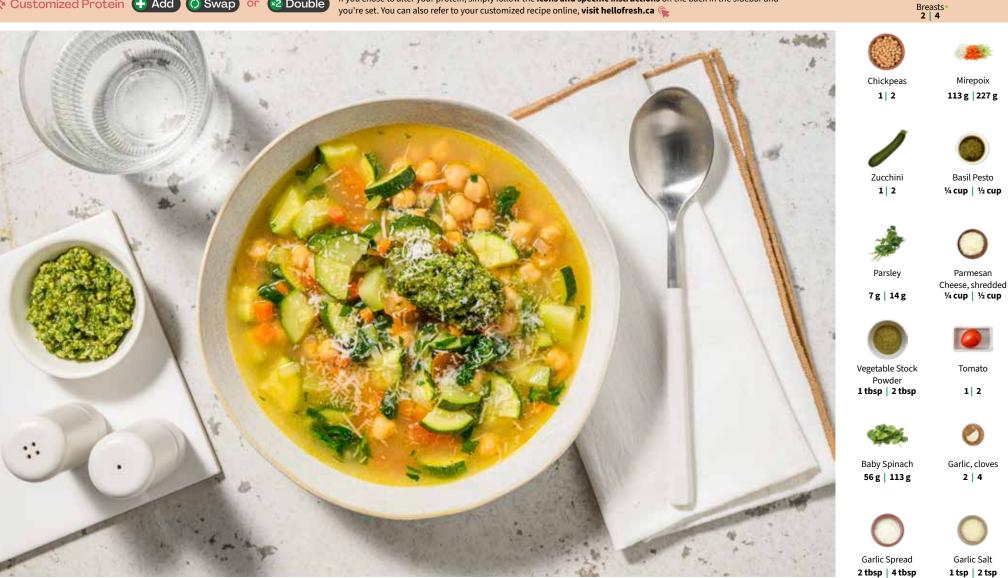
Smart Meal

Veggie

25 Minutes

💫 Customized Protein 🕂 Add ×2 Double 🜔 Swap) or

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 🌑



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.

56 g 113 g Ingredient guantities

🛟 Add

Chicken

2 4



Prep

- Before starting, wash and dry all produce.
- Quarter **zucchini** lengthwise, then cut into 1/4-inch quarter-moons.
- Peel, then mince or grate **garlic**.
- Roughly chop spinach.
- Chop **tomato** into ½-inch pieces.



Cook mirepoix

- Heat a large pot over medium heat.
- When hot, add garlic spread, then mirepoix.
 Season with half the garlic salt and pepper.
 Cook, stirring occasionally, until slightly softened, 3-4 min.



Start stew

- Add **garlic** and **tomatoes** to the pot. Cook, stirring often, until fragrant, 30 sec.
- Add **stock powder** and **chickpeas** with their **liquid**. Cook, scraping up any brown bits on the bottom of the pot, 30 sec.

4 | Cook zucchini and chicken

🕂 Add | Chicken Breasts

If you've opted to add **chicken breasts**, while **zucchini** cooks, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.**

6 | Finish and serve

🕂 Add | Chicken Breasts

Thinly slice **chicken**. Top bowls with **chicken**.



Cook zucchini

🕂 Add | Chicken Breasts

- Add **1 ½ cups** (2 ½ cups) **water** to the pot, then bring to a boil over high.
- Once boiling, add **zucchini** and **remaining garlic salt**. Reduce heat to medium. Cover and cook, stirring occasionally, until **veggies** are tender, 8-10 min.



Make pesto mixture and finish soup

- Meanwhile, finely chop **parsley**.
- Add **pesto**, **half the parsley** and **half the Parmesan** to a small bowl.
- When veggies are tender, add spinach and remaining parsley. Stir until spinach wilts, 1 min. Remove from heat. Season with pepper, then stir to combine. (TIP: If you prefer a lighter stew, add some more water, ¼ cup at a time!)



Finish and serve

🕂 Add | Chicken Breasts

- Divide **stew** between bowls.
- Swirl **pesto mixture** into each portion, then sprinkle **remaining Parmesan** over top.

• 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 size may vary