

HELLO Spanish-Inspired Chorizo and Chickpea Stew with Peppers and Spiced Toasts

Spicy

25 Minutes

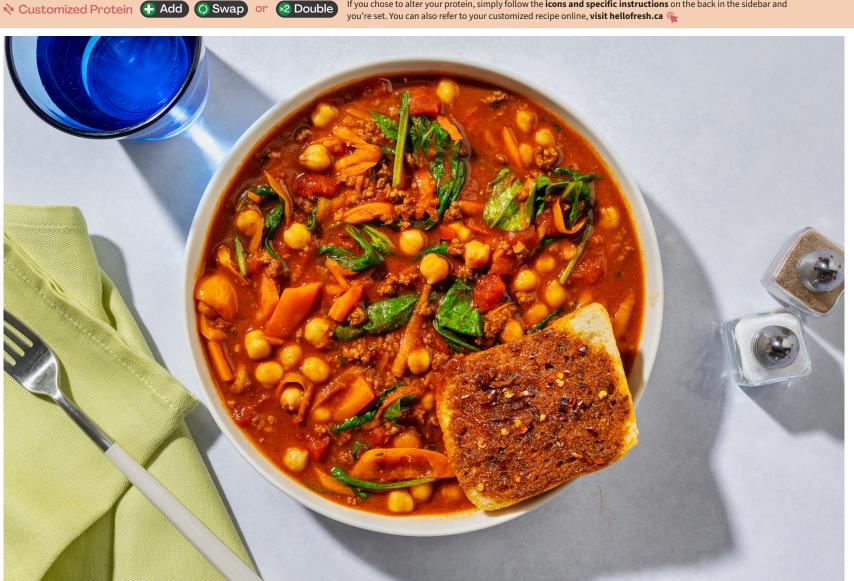






If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and ×2 Double

250 g | 500 g









uncased 250 g | 500 g





Ciabatta Roll



Carrot

1 | 2

1 2



Sweet Bell



Pepper 1 2

Baby Spinach 56 g | 113 g





Chili Flakes

Smoked Paprika-Garlic Blend

1tsp | 1tsp 1 tbsp | 2 tbsp







Chicken Stock Powder

1 tbsp | 2 tbsp

Crushed Tomatoes with Garlic and Onion 1 | 2



Garlic, cloves 1 2

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 | Oil, salt, pepper

Cooking utensils | Box grater, vegetable peeler, large pot, measuring spoons, measuring cups, baking sheet, silicone brush, small bowl



Prep

- Before starting, preheat the oven to 450°F.
- · Wash and dry all produce.
- Heat Guide for Step 2:
- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp
- Peel, then coarsely grate **carrot**.
- Core, then cut **pepper** into ½-inch pieces.
- Halve ciabatta.



Start stew

O Swap | Ground Turkey

O Swap | Beyond Meat®

😢 Double | Chorizo Sausage

- Heat a large pot over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then chorizo, peppers and carrots. Cook, breaking up chorizo into smaller pieces, until no pink remains, 5-6 min.**
- Add 2 tsp (4 tsp) Smoked Paprika-Garlic Blend and ¼ tsp chili flakes.

(NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1 min.



Finish stew

- Add crushed tomatoes, chickpeas with their liquid, stock powder and ½ cup (½ cup) water. Bring to a boil over high.
- Once boiling, reduce heat to medium and simmer, stirring occasionally, until stew thickens slightly, 7-8 min.
- Add spinach. Season with salt and pepper, then stir until spinach wilts, 1 min. (TIP: If you prefer a more brothy stew, add more water, 1-2 tbsp at a time!)

2 | Start stew

Measurements

2 | Start stew

within steps

O Swap | Beyond Meat®

you to cook the chorizo.**

O Swap | Ground Turkey

If you've opted to get **turkey**, add **1 tbsp** (2 tbsp) **oil** to the pan, then add **turkey**. Cook **turkey** in the same way the recipe instructs

If you've opted to get **Beyond Meat**®, cook it the same way as the **chorizo**, breaking up **patties** into smaller pieces, until crispy, 5-6 min.**

1 tbsp (2 tbsp)

2 person

oil

4 person Ingredient

2 | Start stew

2 Double | Chorizo Sausage

If you've opted for **double chorizo**, cook it in the same way the recipe instructs you to cook the **regular portion of chorizo**. Work in batches, if necessary.



Make spiced toasts

- Meanwhile, combine remaining Smoked
 Paprika-Garlic Blend and 1 tbsp (2 tbsp) oil
 in a small bowl.
- Add ciabatta to an unlined baking sheet, cut-side up. Brush oil mixture onto cut sides.
- Toast in the **middle** of the oven, tossing halfway through, until golden, 5-6 min.



Finish and serve

- Divide stew between bowls.
- Serve **spiced toasts** alongside for dipping.