



# Carb Smart Hearty Veggie Stew

## with Chickpeas and Herby Pesto Swirl

Smart Meal

Veggie

25 Minutes

+ Add



Chicken Breasts  
2 | 4

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



Chickpeas  
1 | 2



Mirepoix  
113 g | 227 g



Zucchini  
1 | 2



Basil Pesto  
1/4 cup | 1/2 cup



Parsley  
7 g | 14 g



Parmesan Cheese, shredded  
1/4 cup | 1/2 cup



Vegetable Stock Powder  
1 tbsp | 2 tbsp



Tomato  
1 | 2



Baby Spinach  
56 g | 113 g



Garlic, cloves  
2 | 4



Garlic Spread  
2 tbsp | 4 tbsp



Garlic Salt  
1 tsp | 2 tsp

**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.

1



## Prep

- Before starting, wash and dry all produce.

- Quarter **zucchini** lengthwise, then cut into ¼-inch quarter-moons.
- Peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Chop **tomato** into ½-inch pieces.

2



## 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.

3



## 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

+ 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.

5



## 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!)

6



## Finish and serve

+ Add | Chicken Breasts

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

Measurements  
within steps

<b>1 tbsp</b>	<b>(2 tbsp)</b>	<b>oil</b>
2 person	4 person	Ingredient

## 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**.

♦ 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