

Indian-Spiced Chickpea and Sweet Pepper Stew

with Spinach Rice and Toasty Flatbreads

Veggie

25 Minutes



Chicken Breast Tenders 310 g | 620 g

Customized Protein 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 降





Chickpeas



1 | 2

34 cup | 1 1/2 cups



Flatbread







Pepper



1 | 2







Cream

56 ml | 113 ml

Tomato Sauce



Yogurt Sauce



4 tbsp | 8 tbsp

3 tbsp | 6 tbsp





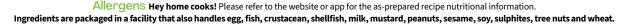
Vegetable Stock



Indian Spice Mix

1 tbsp | 2 tbsp 1 tbsp | 2 tbsp





Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, medium pot, small bowl



Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Add half the vegetable stock powder. **1** ¼ cups (2 ½ cups) water and **1** tbsp (2 tbsp) **butter** to a medium pot. Cover and bring to a boil over high heat.
- Meanwhile, core, then cut **pepper** into ½-inch pieces.
- Roughly chop spinach.



Cook rice and roast peppers

- Once water is boiling, add rice, then reduce heat to low. Cover and cook until **rice** is tender and liquid is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.
- While rice cooks, add peppers and ½ tbsp oil to an unlined baking sheet. Season with salt and pepper. Toss to coat. Roast in the middle of the oven, stirring halfway, until tender-crisp and golden, 8-10 min.



Start stew

🕕 Add | Chicken Breast Tenders

- Heat a large pot over medium heat.
- When hot, add 1 tbsp (2 tbsp) oil and mirepoix. Season with salt and pepper. Cook, stirring often, until tender-crisp, 3-4 min.



6 | Finish and serve

Measurements

within steps

Chicken Breast Tenders

1 tbsp

3 | Start stew and cook chicken

Add | Chicken Breast Tenders

pan over medium-high heat. When hot, add

1/2 tbsp (1 tbsp) oil, then chicken breast tenders. Sear until tenders are golden-brown

and cooked through, 3-4 min per side.**

Transfer to a plate and cover to keep warm.

If you've opted to add chicken breast tenders, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick

oil

Thinly slice chicken. Divide rice, stew and chicken between bowls.



Simmer stew

- Add ginger-garlic puree and Indian Spice Mix. Cook, stirring often, until fragrant, 30 sec.
- Add chickpeas with chickpea liquid, tomato sauce base, cream, remaining stock powder and 1/3 cup (2/3 cup) water. Bring to a boil over high heat, then reduce heat to medium-low.
- Cook, stirring occasionally, until stew thickens lightly, 4-6 min.



Toast flatbread

- While stew simmers, melt 1 tbsp (2 tbsp) **butter** in a small microwaveable bowl. 30 sec.
- Toast flatbread directly on the top oven rack until golden-brown, 3-4 min. (TIP: Keep an eye on flatbreads so they don't burn!)
- Remove from oven, then brush with melted butter.



Finish and serve

+ Add | Chicken Breast Tenders

- Fluff rice with a fork. Stir in spinach until wilted, 1 min.
- Add **peppers** to **stew**. Season to taste with salt and pepper. Stir to combine.
- Divide **rice** and **stew** between bowls. Drizzle yogurt sauce over top.
- Tear or cut **flatbread** into **wedges** and serve alongside.

* 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.