



# Indian-Spiced Chickpea and Sweet Pepper Stew

## with Spinach Rice and Toasty Flatbreads

Veggie

25 Minutes

+ Add



Chicken Breast  
Tenders +  
310 g | 620 g

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)



Chickpeas  
1 | 2



Basmati Rice  
¾ cup | 1 ½ cups



Flatbread  
2 | 4



Mirepoix  
113 g | 227 g



Sweet Bell  
Pepper  
1 | 2



Baby Spinach  
56 g | 113 g



Cream  
56 ml | 113 ml



Tomato Sauce  
Base  
4 tbsp | 8 tbsp



Yogurt Sauce  
3 tbsp | 6 tbsp



Ginger-Garlic  
Puree  
2 tbsp | 4 tbsp



Vegetable Stock  
Powder  
1 tbsp | 2 tbsp



Indian Spice Mix  
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** | Unsalted butter, oil, salt, pepper

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

1



## 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**.

2



## 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.

3



## 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.

4



## 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 ½ **cup** (¾ 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.

5



## 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**.

6



## 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.

Measurements  
within steps

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

## 3 | Start stew and cook chicken

**+ Add | Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **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.

## 6 | Finish and serve

**+ Add | Chicken Breast Tenders**

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

\* 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.