



# Spanish-Inspired Chorizo and Chickpea Stew

## with Peppers and Spiced Toasts

Spicy

25 Minutes

Swap Swap \*2 Double

Ground Turkey 250 g | 500 g    Beyond Meat® 2 | 4    Chorizo Sausage, uncased 500 g | 1000 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)



- Chorizo Sausage, uncased  
250 g | 500 g
- Chickpeas  
1 | 2
- Ciabatta Roll  
1 | 2
- Carrot  
1 | 2
- Sweet Bell Pepper  
1 | 2
- Baby Spinach  
56 g | 113 g
- Chili Flakes  
1 tsp | 1 tsp
- Smoked Paprika-Garlic Blend  
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



## 1 | 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**.



## 4 | 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.



## 2 | Start stew

🔄 Swap | **Ground Turkey**

🔄 Swap | **Beyond Meat®**

✖2 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.



## 5 | Finish and serve

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



## 3 | 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!)

**Measurements within steps** | **1 tbsp (2 tbsp) oil**  
2 person 4 person Ingredient

## 2 | Start stew

🔄 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 you to cook the **chorizo**\*\*

## 2 | Start stew

🔄 Swap | **Beyond Meat®**

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.\*\*

## 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.

\*\* Cook to a minimum internal temperature of 74°C/165°F.