



Cal Smart Harissa Shrimp and Chickpea Stew

with Buttered Ciabatta

Calorie Smart

Spicy

30 Minutes



Shrimp



Harissa Spice Blend



Chili-Garlic Sauce



Chickpeas



Tomato Sauce Base



Carrot



Yellow Onion



Baby Spinach



Vegetable Stock Powder



Parsley



Ciabatta Roll



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HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

- Before starting, preheat the broiler to high.
- Remove ½ tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

Bust out

Medium bowl, vegetable peeler, measuring spoons, strainer, measuring cups, large pot, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Shrimp	285 g	570 g
Harissa Spice Blend 🍷	2 tbsp	4 tbsp
Chili-Garlic Sauce 🍷	1 tbsp	2 tbsp
Chickpeas	370 ml	740 ml
Tomato Sauce Base	2 tbsp	4 tbsp
Carrot	170 g	340 g
Yellow Onion	56 g	113 g
Baby Spinach	56 g	113 g
Vegetable Stock Powder	1 tbsp	2 tbsp
Parsley	3 ½ g	7 g
Ciabatta Roll	1	2
Unsalted Butter*	2 ½ tbsp	5 tbsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

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.

Contact

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Prep

- Peel, then cut **half the onion** into ¼-inch pieces (whole onion for 4 ppl).
- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch half-moons.
- Roughly chop **spinach**.
- Roughly chop **half the parsley** (all for 4 ppl).
- Open **chickpeas**.
- Using a strainer, drain and rinse **shrimp**.



Sauté shrimp

- When **stew** is halfway done, heat a large non-stick pan over medium-high heat.
- While the pan heats, add **shrimp** to a medium bowl, then pat dry with paper towels.
- Season with **pepper** and **remaining Harissa Spice Blend**, then toss to coat.
- When the pan is hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pan until melted.
- Add **shrimp**. Cook, flipping halfway through, until **shrimp** just turn pink, 2-3 min.**
- Remove the pan from heat.



Sauté aromatics

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **carrots** and **onions**. Cook, stirring occasionally, until softened, 2-3 min. Season with **salt** and **pepper**.
- Add **chili-garlic sauce**, **tomato sauce base** and **4 tsp Harissa Spice Blend** (dbl for 4 ppl). Cook, stirring constantly, until fragrant, 30 sec.



Toast ciabatta

- Meanwhile, halve **ciabatta**, then spread **½ tbsp softened butter** (dbl for 4 ppl) on cut sides.
- Arrange directly on the **top** rack of the oven, cut-side up.
- Broil **ciabatta** in the **top** of the oven until golden-brown, 1-2 min. (**TIP:** Keep an eye on ciabatta so they don't burn!)
- Halve **ciabatta** again, diagonally.



Stew chickpeas

- Add **chickpeas with their liquid** to the pot with **aromatics**. Cook, scraping up **any bits** that stick to the bottom of the pot, 1 min.
- Add **stock powder** and **2 cups water** (3 ½ cups for 4 ppl). Bring to a simmer.
- Once simmering, reduce heat to medium. Cover and cook, stirring occasionally, until **carrots** are tender, 10-12 min.
- Add **spinach**. Cook, stirring often, until wilted, 1 min.
- Season with **salt** and **pepper**, to taste.



Finish and serve

- Divide **stew** between bowls. Top with **shrimp**.
- Sprinkle **parsley** over top.
- Serve **buttered ciabatta** alongside for dipping.

Dinner Solved!