

Cal Smart Harissa Shrimp and Chickpea Stew

with Buttered Ciabatta

Calorie Smart

Spicy

30 Minutes



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Chili-Garlic Sauce





Tomato Sauce Base





Carrot

Yellow Onion

Baby Spinach



Vegetable Stock



Parsley

Powder

Ciabatta Roll



Start here

- Before starting, preheat the broiler to high.
- Remove 1/2 tbsp (1 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

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

Bust out

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

Ingredients

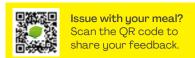
	2 Person	4 Person
Shrimp	285 g	570 g
Harissa Spice Blend 🤳	2 tbsp	4 tbsp
Chili-Garlic Sauce	1 tbsp	2 tbsp
Chickpeas	370 ml	740 ml
Tomato Sauce Base	2 tbsp	4 tbsp
Carrot	170 g	340 g
Yellow Onion	56 g	113 g
Baby Spinach	56 g	113 g
Vegetable Stock Powder	1 tbsp	2 tbsp
Parsley	3 ½ g	7 g
Ciabatta Roll	1	2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





Prep

- Peel, then cut **half the onion** into 1/4-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 (use all for 4 ppl).
- · Open chickpeas.
- Using a strainer, drain and rinse shrimp.



Sauté aromatics

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **butter**, 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 (8 tsp) Harissa Spice Blend. Cook, stirring constantly, until fragrant, 30 sec.



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** (3 ½ cups) **water**. 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.



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** (2 tbsp) **butter**, 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.



Toast ciabatta

- Meanwhile, halve ciabatta, then spread
 ½ tbsp (1 tbsp) softened butter 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.



Finish and serve

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

Dinner Solved!