



# Cal Smart Harissa Shrimp and Chickpea Stew

with Buttered Ciabatta

Calorie Smart

Spicy

30 Minutes



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Shrimp



Harissa Spice Blend



Chili-Garlic Sauce



Chickpeas



Tomato Sauce Base



Carrot



Yellow Onion



Baby Spinach



Vegetable Stock Powder



Parsley



Ciabatta Roll

## 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 1/2 tbsp (1 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

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



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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** (use 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** (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.



### 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.



### 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.



### 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.



### Finish and serve

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

Dinner Solved!