



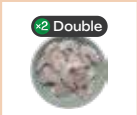
Cal Smart Harissa Shrimp and Chickpea Stew with Buttered Ciabatta

Calorie Smart

Spicy

Quick

25 Minutes



Shrimp
570 g | 1140 g

↗ Custom Recipe + 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)



- 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
1 | 2
- Yellow Onion
1 | 2
- Baby Spinach
56 g | 113 g
- Vegetable Stock Powder
1 tbsp | 2 tbsp
- Parsley
3 1/2 g | 7 g
- Ciabatta Roll
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 | Unsalted butter, salt, pepper

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

1



Prep

- Before starting, preheat the broiler to high.
- Remove ½ tbsp (1 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

×2 Double | Shrimp

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

4



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**. 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.

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

2



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.

3



Stew chickpeas

- Add **chickpeas** with **canning liquid** to the pot with **aromatics**.
- Cook, scraping up **any bits** sticking 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.

5



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 until golden-brown, 1-2 min. (**TIP**: Keep an eye on ciabatta so they don't burn!)
- Halve **ciabatta** again, diagonally.

6



Finish and serve

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

Measurements
within steps

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

1 | Prep shrimp

×2 Double | Shrimp

If you've opted for **double shrimp**, prepare and cook it in the same way the recipe instructs you to prepare and cook the **regular portion of shrimp**. Work in batches, if necessary.



Issue with your meal? Scan the QR code to share your feedback.