



# Cal Smart Stewed Harissa Chicken

with Peppers and Feta

Calorie Smart

35 Minutes



Chicken Breasts



Harissa Spice Blend



Sweet Bell Pepper



Crushed Tomatoes



Baby Spinach



Parsley



Feta Cheese, crumbled



Chicken Broth Concentrate



Mirepoix



Garlic Salt

## HELLO HARISSA SPICE BLEND

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

## Start here

Before starting, wash and dry all produce.

### Bust out

Measuring spoons, medium pot, small bowl, measuring cups, large pot

### Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Harissa Spice Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes	370 ml	740 ml
Baby Spinach	56 g	113 g
Parsley	7 g	7 g
Feta Cheese, crumbled	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Mirepoix	113 g	227 g
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

\* Pantry items

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

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

### 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.*

*Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.*

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### Poach chicken

Add **chicken**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Bring to a simmer over high heat. Once simmering, reduce heat to low. Cover and poach until **chicken** is cooked through, 10-12 min.\*\*



### Shred chicken

When **chicken** is done, transfer to a clean cutting board. Using 2 forks, shred **chicken** into bite-sized pieces.



### Prep and make parsley oil

While **chicken** poaches, core, then cut **pepper** into ½-inch pieces. Finely chop **parsley**. Combine **parsley** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl. (**TIP:** If you have a mortar and pestle, grind oil and roughly chopped parsley until consistency is paste-like.)



### Finish stew

Add **chicken** and **spinach** to **stew**. Cook, stirring often, until **spinach** wilts, 2-3 min. Season with **salt** and **pepper**, to taste.



### Start stew

When **chicken** is halfway done, heat a large pot over medium-high heat. When hot, add **½ tbsp oil**, then **mirepoix**. Cook, stirring often, until slightly softened, 3-4 min. Sprinkle **Harissa Spice Blend** and **half the garlic salt** over top. Cook, stirring often, until fragrant, 30 sec. Add **peppers**, **crushed tomatoes**, **broth concentrate** and **1 ½ cups water** (dbl for 4 ppl). Season with **pepper** and **remaining garlic salt**. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cover and cook until **veggies** are tender, 5-7 min.



### Finish and serve

Divide **stew** between bowls. Spoon **parsley oil** over top, then sprinkle with **feta**.

## Dinner Solved!