

# Cal Smart Stewed Harissa Chicken

with Peppers and Feta

Calorie Smart

35 Minutes





**Chicken Breasts** 





Sweet Bell Pepper











Baby Spinach



**Crushed Tomatoes** 



Feta Cheese, crumbled



Mirepoix



Chicken Broth Concentrate



Garlic Salt

## Start here

Before starting, wash and dry all

# Ingredients

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	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	⅓ cup	½ cup
Chicken Broth Concentrate	1	2
Mirepoix	113 g	227 g
Garlic Salt	1 tsp	2 tsp
Oil*		
Salt and Pepper*		

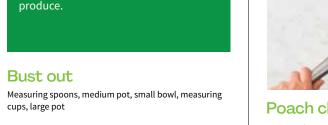
<sup>\*</sup> Pantry items

## 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.



## 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.\*\*



# 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.)



#### Start stew

When **chicken** is halfway done, heat a large pot over medium-high heat. When hot, add 1/2 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.



## Shred chicken

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



## Finish stew

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



#### Finish and serve

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

# **Dinner Solved!**

## Contact

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<sup>\*\*</sup> 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.