

# HELLO Chickpea Ribollita Stew

with Parmesan Croutons and Spinach Salad

Veggie

30 Minutes



Chicken Breast Tenders • 310 g | 620 g









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 @





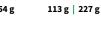








Mushrooms 227 g | 454 g





Yellow Onion



1 | 2

**Baby Spinach** 

1/2 | 1



Crushed Tomatoes with Garlic and Onion 1 | 2



Cheese, shredded 1/4 cup | 1/2 cup







Blend 1 tbsp | 2 tbsp

Balsamic Vinegar 1 tbsp | 2 tbsp



Vegetable Broth Concentrate 1 | 2



Garlic Puree

1 tbsp | 2 tbsp

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. Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, aluminum foil, large bowl, measuring cups, whisk, large pot



# Prep

- Before starting, preheat the broiler to high.
- · Wash and dry all produce.

#### Add | Chicken Breast Tenders

- Thinly slice mushrooms.
- Peel, then cut half the onion (whole onion) for 4 ppl) into ½-inch pieces.
- Peel, then halve carrot lengthwise, then cut into ¼-inch half-moons.
- Roughly chop half the spinach. Reserve remaining spinach for salad.
- Cut ciabatta into ½-inch pieces.

Make croutons



# Cook veggies

## 🚹 Add | Chicken Breast Tenders

- Heat a large pot over medium-high heat.
- When the pot is hot, add 1 tbsp (2 tbsp) oil, then **mushrooms**. Cook, stirring occasionally, until beginning to brown, 2-3 min.
- Add onions, carrots and half the Zesty Garlic Blend. Season with salt and **pepper**.
- Cook, stirring occasionally, until veggies are tender, 4-5 min.



### Make stew

- Add chickpeas with canning liquid, crushed tomatoes, broth concentrate, garlic puree, half the vinegar and ½ cup (1 cup) water to the pot with veggies. Bring to a boil.
- Once boiling, reduce heat to medium.
- Simmer, stirring occasionally, until stew thickens slightly, 7-8 min. (TIP: Add more water if you prefer a more soup-like consistency.)
- Add chopped spinach. Stir until wilted, 1-2 min.
- Season with salt and pepper, to taste.



- Meanwhile, add ciabatta, remaining Zesty Garlic Blend and 1 tbsp (2 tbsp) oil to a foil-lined baking sheet, then toss to coat.
- Arrange in a single layer, then sprinkle half the Parmesan over top.
- Broil in the **middle** of the oven until golden, 2-4 min. (TIP: Keep an eye on croutons so they don't burn!)



# Assemble salad

- Add remaining vinegar and 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Add remaining spinach and **half the croutons**, then toss to combine.



## Finish and serve

- Divide chickpea ribollita stew between bowls.
- Sprinkle with remaining Parmesan and top with remaining croutons.
- Serve spinach salad alongside.

Measurements within steps

1 tbsp (2 tbsp)

oil

# 1 | Prep chicken

# Add | Chicken Breast Tenders

If you've opted to add chicken tenders, on a separate cutting board, pat dry with paper towels. Cut into 1-inch pieces, then season with salt and pepper.

#### 2 | Cook chicken

#### Add | Chicken Breast Tenders

Add **chicken** to the pot along with **onions**. Cook alongside veggies until cooked through, 4-5 min.\*\*

