



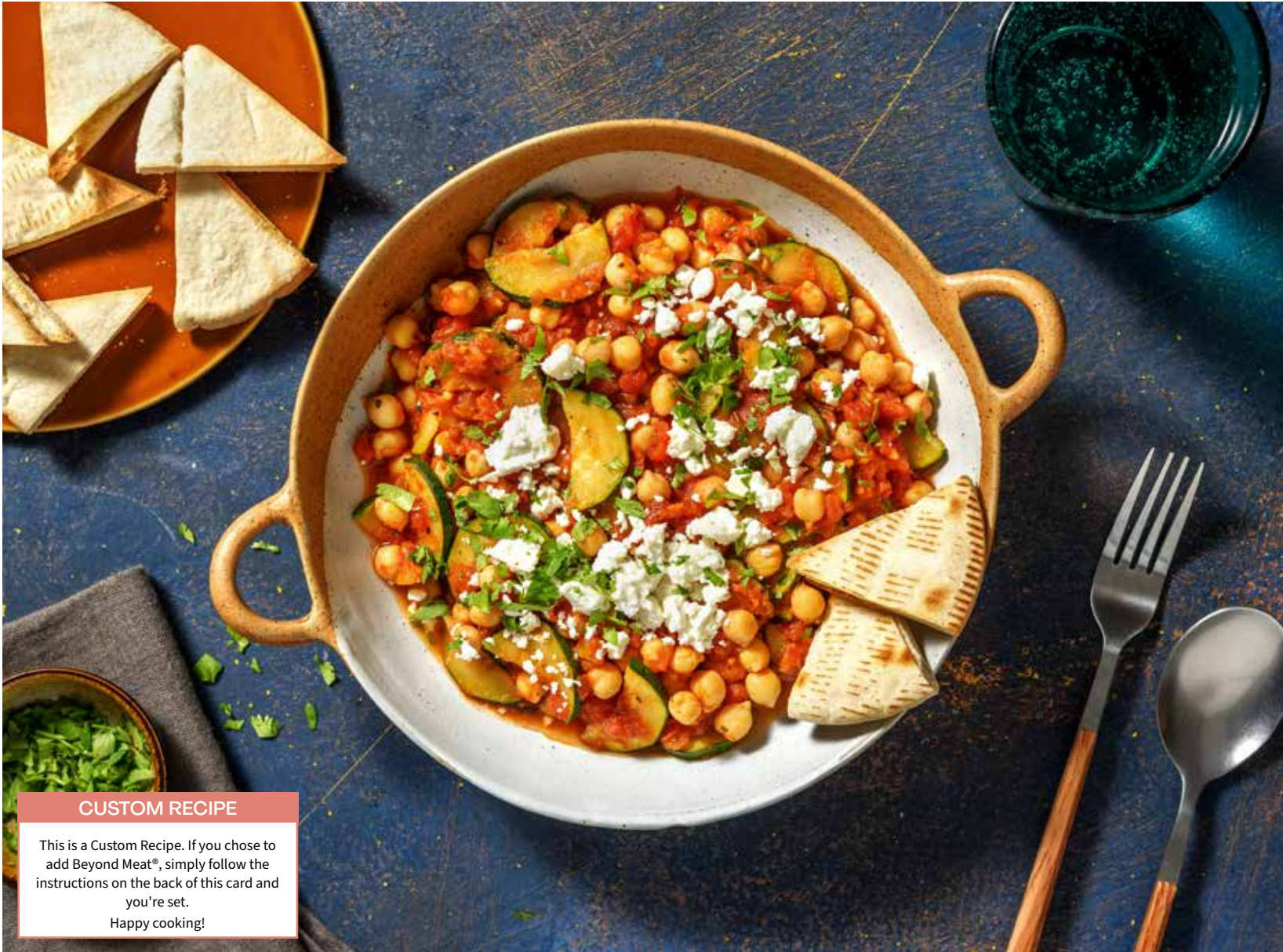
Harissa Chickpea Stew

with Spiced Flatbread Crisps and Feta

Veggie Quick 25 Minutes



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Chickpeas



Beyond Meat®



Flatbread



Zucchini



Ginger



Cilantro



Moroccan Spice Blend



Harissa Spice Blend



Crushed Tomatoes with Garlic and Onion



Feta Cheese, crumbled



Vegetable Broth Concentrate



Garlic Salt



Sweet Bell Pepper

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add Beyond Meat®, simply follow the instructions on the back of this card and you're set.
Happy cooking!

HELLO HARISSA SPICE BLEND

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

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

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

Bust out

Baking sheet, grater, measuring spoons, parchment paper, large non-stick pan

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Beyond Meat®	2	4
Flatbread	2	4
Zucchini	1	2
Ginger	30 g	60 g
Cilantro	7 g	14 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Harissa Spice Blend	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	1	2
Feta Cheese, crumbled	½ cup	1 cup
Vegetable Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Sweet Bell Pepper	1	2
Sugar*	½ tsp	1 tsp
Oil*		
Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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.



Prep

- Cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then finely grate **ginger**.
- Roughly chop **cilantro**.
- Cut **each flatbread** into **8 equal wedges**.



Finish stew

- Add **crushed tomatoes, broth concentrate, chickpeas**, including **liquid, remaining garlic salt** and **½ tsp (1 tsp) sugar** to the pan. Cook, stirring occasionally, until **stew** thickens slightly, 7-8 min.
- Add **veggies**. Cook, stirring occasionally, until heated through, 1-2 min.



Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp (1 tbsp) oil**, then **zucchini** and **peppers**. Season with **half the garlic salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-5 min.
- Remove from heat, then transfer **veggies** to a plate.

If you've opted to add **Beyond Meat® patties**, when the pan is hot, add **patties** along with **zucchini** and **peppers**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Follow the rest of the recipe as written.



Make spiced flatbread crisps

- Meanwhile, add **flatbread wedges, remaining Moroccan Spice Blend** and **1 tbsp (2 tbsp) oil** to a parchment-lined baking sheet.
- Season with **pepper**, then toss to coat. Arrange in a single layer.
- Bake in the **top** of the oven until golden and crisp, 4-6 min.



Start stew

- Reheat the same pan over medium.
- When hot, add **1 tbsp (2 tbsp) oil**, then **ginger, Harissa Spice Blend** and **2 tsp (4 tsp) Moroccan Spice Blend**. Cook, stirring often, until fragrant, 1 min.



Finish and serve

- Divide **stew** between bowls.
- Sprinkle **feta**, then **cilantro** over top.
- Serve **spiced flatbread crisps** alongside for dipping.

Dinner Solved!



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