



# Harissa Chickpea Stew

## with Spiced Flatbread Crisps and Feta

Veggie

Spicy

25 Minutes

+ Add



Beyond Meat®  
2 | 4

↔ 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)



Chickpeas  
370 ml | 740 ml



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

**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 | Oil, pepper, sugar

Cooking utensils | Baking sheet, measuring spoons, parchment paper, large non-stick pan

1



## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Halve **zucchini** lengthwise, then cut 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-sized wedges**.

2



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tblsp**) **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.

3



## Start stew

+ Add | **Beyond Meat®**

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

4



## Finish stew

- Add **crushed tomatoes**, **broth concentrate**, **chickpeas** with **canning 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 warmed through, 1-2 min.

5



## Make spiced flatbread crisps

- Meanwhile, add **flatbread wedges**, **remaining Moroccan Spice Blend** and **1 tbsp** (2 **tblsp**) **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.

6



## Finish and serve

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

Measurements  
within steps

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

## 3 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, reheat the same pan over medium-high. When hot, add ½ **tbsp** (1 **tblsp**) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.\*\* Season with **salt** and **pepper**. Add **ginger**, **Harissa Spice Blend** and **2 tsp** (4 **tsp**) **Moroccan Spice Blend**. Follow the rest of the recipe as written.

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



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