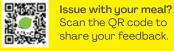


Persian-Inspired Chickpea Veggie Stew

with Toasted Garlic Flatbreads

Veggie

35 Minutes











Seasoning







Flatbread

Almonds, sliced



Chickpeas



Parsley

Zucchini



Garlic Puree



Crushed Tomatoes with Garlic and Onion



Yellow Onion



Vegetable Broth Concentrate



Chili-Garlic Sauce

add Beyond Meat®, simply follow the instructions on the back of this card and you're set.

CUSTOM RECIPE This is a Custom Recipe. If you chose to

Happy cooking!

HELLO PARSLEY

Start here

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

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

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, silicone brush, small bowl, large pot, measuring cups

Ingredients

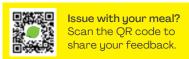
	2 Person	4 Person
Carrot	2	4
Beyond Meat®	2	4
Middle Eastern Seasoning	1 tbsp	2 tbsp
Flatbread	2	4
Almonds, sliced	28 g	56 g
Parsley	7 g	14 g
Chickpeas	370 ml	740 ml
Zucchini	1	2
Garlic Puree	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	1	2
Yellow Onion	1/2	1
Vegetable Broth Concentrate	2	4
Chili-Garlic Sauce	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and 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 and toast almonds

- Peel, then halve **carrots** lengthwise, then cut into ½-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- · Roughly chop parsley.
- Drain **chickpeas**, reserving 1/4 **cup** (½ cup) **liquid**. Discard remaining liquid.
- Heat a large pot over medium-high heat.
- When hot, add **almonds** to the dry pot. Toast, stirring often, until golden, 3-4 min. (TIP: Keep an eye on almonds so they don't burn!)
- Transfer to a plate.



Finish stew

- Add crushed tomatoes, reserved chickpea liquid, broth concentrate and chickpeas.
 Bring to a boil over high.
- Once boiling, reduce heat to mediumlow. Cook, stirring occasionally, until **stew** thickens slightly, 6-7 min.
- Remove from heat.
- Season with **salt** and **pepper**, to taste.

Add Beyond Meat® to the pot along with crushed tomatoes, chickpea liquid, broth concentrate and chickpeas.



Roast carrots

- Meanwhile, add carrots, 1 tbsp (2 tbsp) oil and ½ tbsp (1 tbsp) Middle Eastern Seasoning to an unlined baking sheet. Season with salt and pepper, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 20-22 min.

If you've opted to add **Beyond Meat**®, add **1 tbsp** (2 tbsp) **butter** to the same pot (from step 1), then swirl until melted, 30 sec. Add **Beyond Meat**® **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**. Transfer to a plate.



Start stew

- Meanwhile, add **1 tbsp** (2 tbsp) **butter** to the same pot (from step 1), then swirl the pot until melted, 30 sec.
- Add **onions** and **zucchini**. Cook, stirring often, until golden-brown, 3-4 min.
- Season with salt and pepper.
- Add remaining Middle Eastern Seasoning and half the garlic puree. Cook, stirring often, until fragrant, 30 sec.



Toast flatbreads

- Meanwhile, stir together 1 tbsp (2 tbsp) oil and remaining garlic puree in a small bowl.
- Arrange **flatbreads** on another unlined baking sheet.
- Brush garlic oil over flatbreads, then season with salt and pepper.
- Toast in the **middle** of the oven until golden-brown, 2-4 min. (TIP: Keep an eye on flatbreads, so they don't burn!)



Finish and serve

- Quarter flatbreads.
- Stir roasted carrots and half the parsley into stew.
- Divide **stew** between bowls.
- Drizzle **chili-garlic sauce** over top, if desired.
- Sprinkle with toasted almonds and remaining parsley.
- Serve flatbreads alongside.

Dinner Solved!