



Persian-Inspired Chickpea Veggie Stew

with Toasted Garlic Flatbreads

Veggie

Optional Spice

35 Minutes



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



Carrot
2 | 4



Middle Eastern Seasoning
1 tbsp | 2 tbsp



Flatbread
2 | 4



Almonds, sliced
28 g | 56 g



Parsley
7 g | 14 g



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

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.

Contact Call us (855) 272-7002 | Visit us [HelloFresh.ca](https://www.hellofresh.ca) | Follow us @HelloFreshCA

Pantry items | Oil*, unsalted butter*, salt*, pepper*

Cooking utensils | 2 Baking sheets, vegetable peeler, strainer, measuring spoons, silicone brush, small bowl, measuring cups, large pot

1



Prep and toast almonds

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

- 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 ¼ cup (½ cup) **canning 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.

2



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.

3



Start stew

+ Add | **Beyond Meat®**

- Meanwhile, add **1 tbsp** (2 tbsp) **butter** to the same pot (from step 1), then swirl 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.

4



Finish stew

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

5



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!)

6



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.

Measurements
within steps

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

3 | Start Beyond Meat® stew

+ Add | **Beyond Meat®**

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

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.