



Persian-Inspired Chickpea Veggie Stew

with Toasted Garlic Flatbreads

Veggie Optional Spice 35 Minutes



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Carrot



Middle Eastern Seasoning



Flatbread



Almonds, sliced



Parsley



Chickpeas



Zucchini



Garlic Puree



Crushed Tomatoes



Yellow Onion



Vegetable Broth Concentrate



Chili-Garlic Sauce

HELLO PARSLEY

Fresh and green, this herb brings brightness to any dish!

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, vegetable peeler, measuring spoons, silicone brush, small bowl, large pot

Ingredients

	2 Person	4 Person
Carrot	340 g	680 g
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	200 g	400 g
Garlic Puree	1 tbsp	2 tbsp
Crushed Tomatoes	200 ml	398 ml
Yellow Onion	56 g	113 g
Vegetable Broth Concentrate	2	4
Chili-Garlic Sauce 🍷	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

1



Prep and toast almonds

- Peel, then halve **carrots** lengthwise, then cut into 1-inch half-moons.
- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Roughly chop **parsley**.
- 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.

4



Finish stew

- Add **crushed tomatoes, broth concentrates** and **chickpeas** with their **can liquid**. 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.

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.

5



Toast flatbreads

- Meanwhile, stir together **1 tbsp** (2 tbsp) **oil** and **remaining garlic puree** in a small bowl.
- 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!)

3



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.

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.



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Dinner Solved!