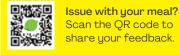
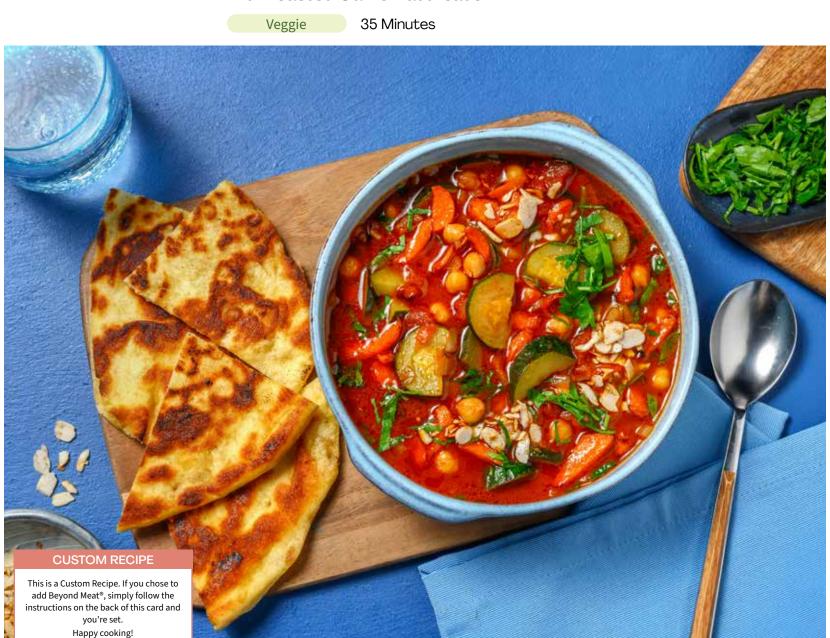


Persian-Inspired Chickpea Veggie Stew

with Toasted Garlic Flatbreads











Seasoning







Parsley

Flatbread

Almonds, sliced



Chickpeas



Zucchini



Garlic Puree







Yellow Onion



Vegetable Broth Concentrate



Chili-Garlic Sauce

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

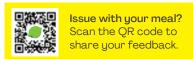
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	2 Person	4 Person
Carrot	2	4
Beyond Meat®	2	4
Middle Eastern Seasoning	1 tbsp	2 tbsp
Flatbread	2	4
Almonds, sliced	28 g	56 g
Parsley	7 g	14 g
Chickpeas	370 ml	740 ml
Zucchini	1	2
Garlic Puree	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	1	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 ¼ 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**, **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**, **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.

