

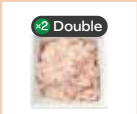


Smart Ground Chicken and Veggie Stew

with Sweet Peppers and Green Peas

Smart Meal

25 Minutes



Ground Chicken ⁺
500 g | 1000 g

↔ 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)



Ground Chicken ⁺
250 g | 500 g



Carrot
1 | 2



Sweet Bell Pepper
1 | 2



Yellow Onion
1 | 2



Green Peas
56 g | 113 g



Garlic, cloves
2 | 4



Crushed Tomatoes
398 ml | 796 ml



Chicken Broth Concentrate
1 | 2



Zesty Garlic Blend
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.

Pantry items | Sugar, oil, salt, pepper

Cooking utensils | Vegetable peeler, measuring spoons, large pot, measuring cups

1



Prep

• Before starting, wash and dry all produce.

- Peel, then quarter **carrot** lengthwise. Cut into ¼-inch quarter-moons.
- Core, then cut **pepper** into ¼-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.

2



Start chicken

×2 Double | Ground Chicken

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **carrots** and **chicken**.
- Cook, breaking up **chicken** into smaller pieces, 1-2 min. (**NOTE:** Chicken and carrots will finish cooking in step 3.)

3



Cook veggies

- Add ½ **tbsp** (1 **tbsp**) **oil** to the same pot, then **onions**, **peppers** and **garlic**.
- Cook, stirring occasionally, until **veggies** are tender-crisp and **chicken** is cooked through, with no pink remaining, 3-4 min.**
- Season with **Zesty Garlic Blend**, **salt** and **pepper**.

4



Start stew

- Add **broth concentrate**, **crushed tomatoes**, **green peas**, **1 tsp** (2 **tsp**) **sugar** and **1 cup** (2 **cups**) **water**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low.
- Simmer, stirring occasionally, until **stew** thickens slightly, 6-8 min.
- Season with **salt** and **pepper**, to taste. (**TIP:** If you prefer a brothier stew, add more water, ¼ cup at a time.)
- Remove from heat.

5



Finish and serve

- Divide **stew** between bowls.

Measurements
within steps

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

2 | Start chicken

×2 Double | Ground Chicken

If you've opted for **double chicken**, prepare, cook and plate it in the same way the recipe instructs you to prepare and cook the **regular portion of chicken**. Work in batches, if necessary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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



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