



Chickpea and Eggplant Tagine-Style Stew with Raisin-Almond Pilaf

Veggie

35 Minutes

+ Add



Chicken Breasts Tenders
310 g | 620 g

Customized Protein

+ Add

Swap

or

x2 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
1 | 2



Moroccan Spice Blend
8 g | 16 g



Eggplant
½ | 1



Sweet Bell Pepper
1 | 2



Yellow Onion
1 | 2



Tomato Sauce Base
4 tbsp | 8 tbsp



Garlic, cloves
2 | 4



Parsley
7 g | 14 g



Basmati Rice
¾ cup | 1 ½ cups



Sultana Raisins
28 g | 56 g



Almonds, sliced
28 g | 56 g



Vegetable Stock Powder
15 g | 30 g

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.

Ingredient quantities 56 g | 113 g
2-serving | 4-serving

1



Roast veggies

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

- Cut **half the eggplant** (whole eggplant for 4 servings) into 1-inch pieces. (**TIP:** Peel eggplant before cutting, if desired.)
- Core, then cut **pepper** into 1-inch pieces.
- To a parchment-lined baking sheet, add **peppers, eggplant** and **1 tbsp** (2 tbsp) **oil**. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven for 10-12 min, stirring halfway through, until **veggies** soften slightly.

4



Start stew

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **remaining onions**. Cook 1-2 min, stirring occasionally, until softened slightly.
- Add **Moroccan Spice Blend, tomato sauce base** and **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **chickpeas** and **canning liquid**.
- Scrape up any browned bits from the bottom of the pan, then bring to a simmer.

♦ 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 165°F

2



Cook pilaf

- Meanwhile, heat a medium pot over medium.
- While the pot heats, peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- When the pan is hot, add **1 tbsp** (2 tbsp) **oil**, then **half the onions**. Cook 1-2 min, stirring occasionally, until softened slightly.
- Add **rice** and **half the garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **half the stock powder** and **1 ¼ cups** (2 ½ cups) **water**. Bring to a boil over high.
- Once boiling, stir in **raisins**. Reduce heat to low. Cover and cook 12-14 min, until **rice** is tender and liquid is absorbed.
- Remove from heat. Set aside, still covered.

5



Finish stew

- Once simmering, add **roasted veggies, remaining stock powder** and ¾ cup (1 ¼ cups) **water**. Bring to a boil.
- Once boiling, reduce heat to medium.
- Cover and cook 10-12 min, stirring occasionally, until **veggies** and **chickpeas** are tender.
- Season with **salt** and **pepper**. (**TIP:** If stew reduces too much, add ¼ cup water at a time until you reach the desired consistency.)

3



Toast almonds and prep

+ Add | **Chicken Breast Tenders**

- Meanwhile, heat a large non-stick pan over medium-high.
- When hot, add **almonds** to the dry pan. Toast 3-4 min, stirring often, until golden. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer to a plate.
- While **almonds** toast, roughly chop **parsley**.

6



Finish and serve

+ Add | **Chicken Breast Tenders**

- To the pot with **pilaf**, add **toasted almonds** and **half the parsley**, then fluff with a fork.
- Divide **pilaf** between plates. Top with **tagine-style stew**.
- Sprinkle **remaining parsley** over top.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2-serving 4-serving Ingredient

For 6 servings

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Cook chicken, toast almonds and prep

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. Sear for 3-4 min per side, until **chicken** is golden and cooked through.** Wipe out pan before toasting **almonds**.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top plates with **chicken**.