



Chickpea and Eggplant Tagine-Style Stew

with Raisin-Almond Pilaf

Veggie

35 Minutes

+ Add



Chicken Breast Tenders
310 g | 620 g

Customized Protein

+ 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

1 | 2



Moroccan Spice Blend

1 tbsp | 2 tbsp



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

2 tbsp | 4 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.

1



Roast veggies

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Cut **half the eggplant** (whole eggplant for 4 ppl) into 1-inch pieces. (TIP: Peel eggplant before cutting, if desired.)
- Core, then cut **pepper** into 1-inch pieces.
- Add **peppers, eggplant** and **1 tbsp** (2 tbsp) **oil** to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, stirring halfway through, until **veggies** soften slightly, 10-12 min.

2



Cook pilaf

- Meanwhile, heat a medium pot over medium heat.
- 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, stirring occasionally, until softened slightly, 1-2 min.
- 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 until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove from heat. Set aside, still covered.

3



Toast almonds and prep

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

4



Start stew

- Reheat the same pan over medium-high.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **remaining onions**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- 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.

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, stirring occasionally, until **veggies** and **chickpeas** are tender, 10-12 min.
- Season with **salt** and **pepper**. (TIP: If your stew reduces too much, add ¼ cup water at a time until you reach the desired consistency.)

6



Finish and serve

- + Add | **Chicken Breast Tenders**
- Add **toasted almonds** and **half the parsley** to the pot with **pilaf**, then fluff with a fork.
- Divide **pilaf** between plates. Top with **tagine-style stew**.
- Sprinkle **remaining parsley** over top.

3 | Cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium heat. When hot, add **1 tbsp** (2 tbsp) **oil**, then **chicken**. Pan-fry on one side until golden, 6-7 min. Flip, then cover and continue cooking, until cooked through, 6-7 min.** Transfer to a plate and cover to keep warm. Reuse the same pan to cook **stew** in step 4.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Top final plates with **chicken**.

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

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



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