

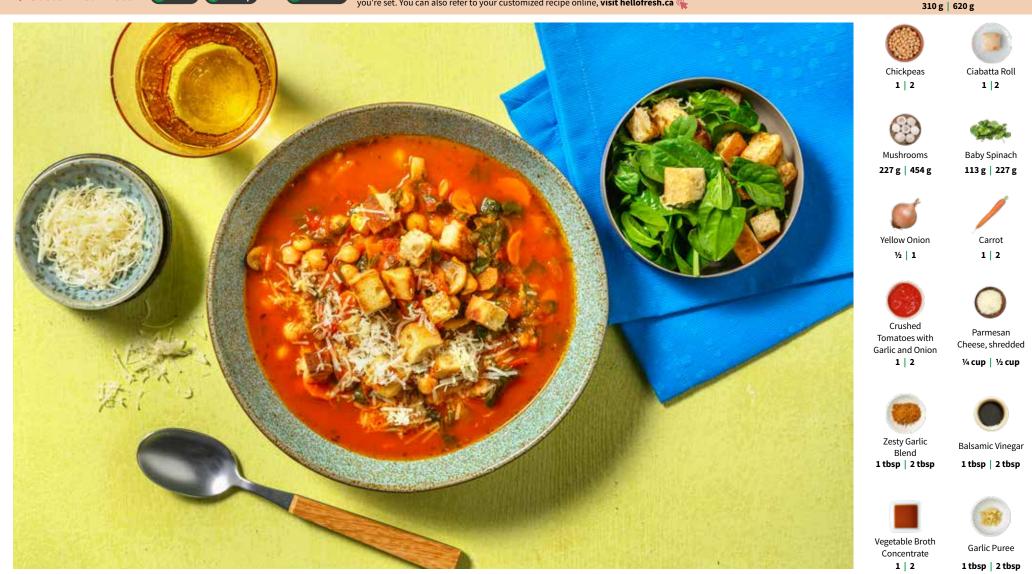
HELLO FRESH Chickpea Ribollita Stew

with Parmesan Croutons and Spinach Salad

30 Minutes Veggie

🔁 Customized Protein 🕒 Add 🔿 Swap 2 Double or

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 🚱



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. 🛟 Add

Chicken Breast

Tenders •

Pantry items | Oil, salt, pepper

Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, aluminum foil, large bowl, measuring cups, whisk, large pot



Prep

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

🕂 Add | Chicken Breast Tenders

- Thinly slice mushrooms.
- Peel, then cut **half the onion** (whole onion for 4 ppl) into ½-inch pieces.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Roughly chop half the spinach. Reserve remaining spinach for salad.
- Cut ciabatta into 1/2-inch pieces.



Make croutons

- Meanwhile, add ciabatta, remaining Zesty Garlic Blend and
 1 tbsp (2 tbsp) oil to a foil-lined baking sheet, then toss to coat.
- Arrange in a single layer, then sprinkle **half the Parmesan** over top.
- Broil in the middle of the oven until golden,
 2-4 min. (TIP: Keep an eye on croutons so they don't burn!)



Cook veggies

🕂 Add | Chicken Breast Tenders

- Heat a large pot over medium-high heat.
- When the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **mushrooms**. Cook, stirring occasionally, until beginning to brown, 2-3 min.
- Add onions, carrots and half the Zesty Garlic Blend. Season with salt and pepper.
- Cook, stirring occasionally, until **veggies** are tender, 4-5 min.



Make stew

- Add chickpeas with canning liquid, crushed tomatoes, broth concentrate, garlic puree, half the vinegar and ½ cup (1 cup) water to the pot with veggies. Bring to a boil.
- Once boiling, reduce heat to medium.
- Simmer, stirring occasionally, until **stew** thickens slightly, 7-8 min. (**TIP**: Add more water if you prefer a more soup-like consistency.)
- Add **chopped spinach**. Stir until wilted, 1-2 min.
- Season with **salt** and **pepper**, to taste.



Assemble salad

- Add remaining vinegar and
 1 tbsp (2 tbsp) oil to a large bowl. Season with salt and pepper, then whisk to combine.
- Add remaining spinach and half the croutons, then toss to combine.



Finish and serve

- Divide **chickpea ribollita stew** between bowls.
- Sprinkle with **remaining Parmesan** and top with **remaining croutons**.
- Serve **spinach salad** alongside.

Measurements within steps 2 person 4 person Ingredient

1 | Prep chicken

🕂 Add | Chicken Breast Tenders

If you've opted to add **chicken tenders**, on a separate cutting board, pat dry with paper towels. Cut into 1-inch pieces, then season with **salt** and **pepper**.

2 | Cook chicken

🕂 Add | Chicken Breast Tenders]

Add **chicken** to the pot along with **onions**. Cook alongside **veggies** until cooked through, 4-5 min.**



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