



Chickpea Ribollita Stew

with Parmesan Croutons and Spinach Salad

Veggie

30 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](http://www.hellofresh.ca)



Chickpeas
1 | 2



Ciabatta Roll
1 | 2



Mushrooms
227 g | 454 g



Baby Spinach
113 g | 227 g



Yellow Onion
½ | 1



Carrot
1 | 2



Crushed
Tomatoes with
Garlic and Onion
1 | 2



Parmesan
Cheese, shredded
¼ cup | ½ cup



Zesty Garlic
Blend
1 tbsp | 2 tbsp



Balsamic Vinegar
1 tbsp | 2 tbsp



Vegetable Broth
Concentrate
1 | 2



Garlic Puree
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 | Oil, salt, pepper

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

1



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 ½-inch pieces.

4



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!)

2



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.

5



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.

3



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.

6



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

1 tbsp (2 tbsp) **oil**
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.**

* 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, as size may vary.



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