



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

Veggie 35 Minutes



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Chickpeas



Moroccan Spice Blend



Eggplant



Sweet Bell Pepper



Yellow Onion



Tomato Sauce Base



Garlic, cloves



Parsley



Basmati Rice



Sultana Raisins



Almonds, sliced



Vegetable Stock Powder

## HELLO CHICKPEAS

Hearty and flavourful, chickpeas are packed with fibre that keeps you feeling full for longer!

## Start here

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

Measurements within steps **1 tbsp** (2 tbsp) **oil**  
2 person 4 person Ingredient

## Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

## Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Moroccan Spice Blend	1 tbsp	2 tbsp
Eggplant	½	1
Sweet Bell Pepper	160 g	320 g
Yellow Onion	113 g	226 g
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
Oil*		
Salt and Pepper*		

\* Pantry items

## 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.



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1



### Roast veggies

- Cut **half the eggplant** into 1-inch pieces (use all for 4 ppl). (**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.

4



### Start stew

- Heat 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 their **can liquid**. Scrape up **any browned bits** from the **bottom** of the pan, then bring to a simmer.

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

3



### Toast almonds and prep

- 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**.

6



### Finish and serve

- Add **almonds** and **half the parsley** to the pot with **pilaf**, then fluff with a fork.
- Divide **pilaf** between plates. Top with **stew**. Sprinkle **remaining parsley** over top.

Dinner Solved!