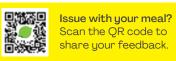


Chickpea and Eggplant Tagine-Style Stew

with Raisin-Almond Pilaf

Veggie 35 Minutes









Parslev

Garlic, cloves



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	1/2	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.



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



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.



Cook pilaf

- Meanwhile, heat a medium pot over medium heat.
- While the pot heats, peel, then cut **onion** into 1/4-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.



Finish stew

- Once simmering, add **roasted veggies**, **remaining stock powder** and **% 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.)



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.



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!



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.