

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

Veggie

35 Minutes

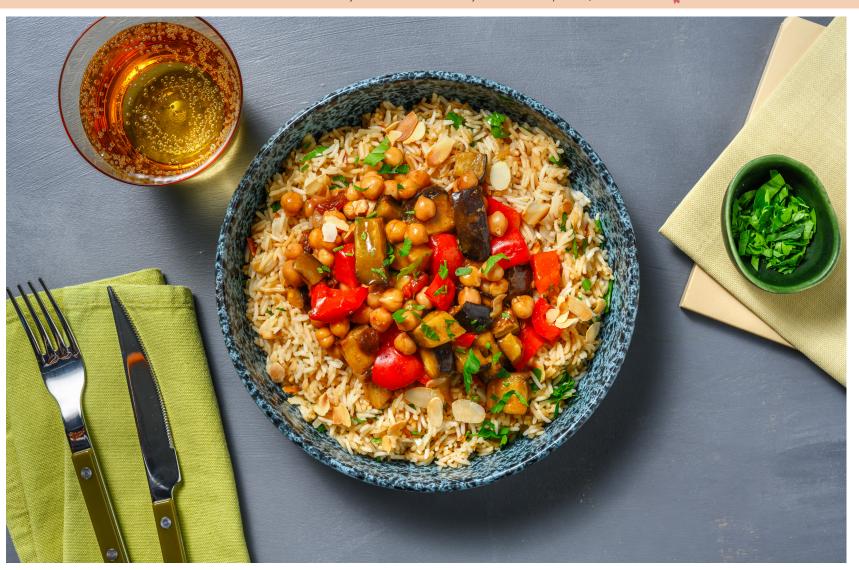


Chicken Tenders* **310 g | 620 g**





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 🎥





Chickpeas



1 2









1/2 | 1





Yellow Onion

1 | 2



4 tbsp | 8 tbsp



Garlic, cloves







Basmati Rice 3/4 cup | 1 1/2 cups



28 g | 56 g



Almonds, sliced



28 g | 56 g



Allengens 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. Cooking utensils | Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan





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.



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 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.



Toast almonds and prep

+ Add | Chicken 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.



6 | Finish and serve

Measurements

within steps

1 tbsp

3 | Toast almonds and prep

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.

Add | Chicken Tenders

(2 tbsp)

oil

Add | Chicken Tenders

Top final plates with chicken.



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.



Finish stew

- Once simmering, add roasted veggies, remaining stock powder and 34 cup (1 1/4 cups) w ater. 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.)



Finish and serve

Add | Chicken Tenders

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

