



Chickpea and Spinach Stew

with Bocconcini and Garlic Flatbreads

Veggie

Optional Spice

30 Minutes



Chickpeas



Shallot



Chili Garlic Sauce



Sweet Bell Pepper



Parsley



Moroccan Spice Blend



Crushed Tomatoes



Baby Spinach



Bocconcini Cheese



Flatbreads



Garlic, cloves



Harissa Spice Blend

HELLO HARISSA SPICE BLEND

This fragrant chili pepper seasoning is commonly used in North African cuisine!

Start here

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

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: 1 tsp
- Spicy: ½ tbsps

Bust out

Baking sheet, large oven-proof pan, measuring spoons, silicone brush, strainer, small bowl, measuring cups

Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Shallot	50 g	100 g
Chili Garlic Sauce 🌶️	1 tbsp	1 tbsp
Sweet Bell Pepper	160 g	320 g
Parsley	7 g	7 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Crushed Tomatoes	398 ml	796 ml
Baby Spinach	56 g	113 g
Bocconcini Cheese	100 g	200 g
Flatbreads	2	4
Garlic, cloves	2	4
Harissa Spice Blend	1 tbsp	2 tbsp
Sugar*	½ tsp	1 tsp
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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Prep

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **shallot** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- Roughly chop **parsley**.
- Roughly chop **spinach**.
- Cut or tear **bocconcini** in half, then season with **salt** and **pepper**.
- Drain and rinse **chickpeas**.



Broil chickpea stew

- Top **chickpea stew** with **bocconcini**.
- Broil in the **middle** of the oven until **bocconcini** melts, 3-4 min. (**NOTE:** If you don't have an oven-proof pan, cover and cook on the stove over medium heat until bocconcini melts, 4-5 min.)



Cook veggies

- Heat a large oven-proof pan over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots** and **peppers**. Cook, stirring occasionally, until **peppers** are tender-crisp, 4-5 min.
- Season with **salt** and **pepper**.
- Add **Moroccan Spice Blend**, **Harissa Spice Blend** and **half the garlic**. Cook, stirring often, until fragrant, 1 min.



Toast flatbreads

- Meanwhile, stir together **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl.
- Brush **garlic oil** over **flatbreads**.
- Cut **flatbreads** into quarters, then arrange on an unlined baking sheet.
- When **stew** is done, toast **flatbreads** in the **middle** of the oven until lightly golden-brown, 2-3 min. (**TIP:** Keep an eye on them so they don't burn!)



Simmer chickpea stew

- Add **chickpeas**, **crushed tomatoes**, **½ tsp sugar**, **½ cup water** (dbl both for 4 ppl) and **½ tsp chili garlic sauce** to the pan with **veggies**. (**NOTE:** Reference heat guide.)
- Simmer over medium heat, stirring occasionally, until **stew** thickens slightly, 7-8 min.
- Add **spinach** and **half the parsley**. Stir until **spinach** wilts, 1 min.
- Season with **salt** and **pepper**, to taste.



Finish and serve

- Divide **chickpea stew** between bowls.
- Sprinkle with **remaining parsley**.
- Drizzle **any remaining chili garlic sauce** over top for more heat, if desired!
- Serve **garlic flatbreads** on the side for dipping.

Dinner Solved!