



Chickpea Ribollita Stew

with Parmesan Croutons and Spinach Salad

Veggie

25 Minutes



Chickpeas



Ciabatta Roll



Mushrooms



Baby Spinach



Mirepoix



Crushed Tomatoes
with Garlic and Onion



Parmesan Cheese,
shredded



Italian Seasoning



Balsamic Vinegar



Vegetable Broth
Concentrate

HELLO RIBOLLITA

A Tuscan vegetable stew thickened with hearty bread!

Start here

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

Bust out

Baking sheet, measuring spoons, large bowl, measuring cups, whisk, large pot

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Ciabatta Roll	1	2
Mushrooms	227 g	454 g
Baby Spinach	113 g	227 g
Mirepoix	113 g	227 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Parmesan Cheese, shredded	¼ cup	½ cup
Italian Seasoning	1 tbsp	2 tbsp
Balsamic Vinegar	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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

Thinly slice **mushrooms**. Roughly chop **half the spinach**. Cut **ciabatta** into ½-inch pieces.



Cook veggies

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring occasionally, until beginning to brown, 2-3 min. Add **mirepoix** and **half the Italian Seasoning**. Cook, stirring occasionally, until **veggies** are tender, 4-5 min.



Make stew

Add **chickpeas** and their **liquid**, **crushed tomatoes**, **broth concentrate**, **half the balsamic** and **½ cup water** (dbl for 4 ppl). Bring to a boil over high heat. Reduce heat to medium and simmer until **stew** thickens slightly, 7-8 min. (**TIP:** Add more water if you prefer a more soup-like consistency.) Add **chopped spinach** and stir until wilted, 1-2 min. Season with **salt** and **pepper**.



Make croutons

While **stew** simmers, add **ciabatta**, **remaining Italian Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a 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, 4-6 min. (**NOTE:** Keep an eye on the croutons so they don't burn!)



Make salad

Add **remaining balsamic** and **1 tbsp oil** (dbl for 4 ppl) to a large bowl. Season with **salt** and **pepper**, then whisk to combine. Add **remaining spinach** and **half the croutons**, then toss to combine.



Finish and serve

Divide **stew** between bowls. Sprinkle with **remaining Parmesan** and top with **remaining croutons**. Serve **salad** on the side.

Dinner Solved!