



Chickpea Ribollita Stew

with Parmesan Croutons and Spinach Salad

Veggie 25 Minutes



Chickpeas



Ciabatta Roll



Mushrooms



Baby Spinach



Yellow Onion



Carrot



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 the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, 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 |
| Yellow Onion | 56 g | 113 g |
| Carrot | 170 g | 340 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 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

Thinly slice **mushrooms**. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl). Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Roughly chop **half the spinach**. Cut **ciabatta** into ½-inch pieces.



Make croutons

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



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 **onions**, **carrots** and **half the Italian Seasoning**. Season with **salt** and **pepper**. Cook, stirring occasionally, until **veggies** are tender, 4-5 min.



Assemble salad

Add **remaining vinegar** 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.



Make stew

Add **chickpeas and their liquid**, **crushed tomatoes**, **broth concentrate**, **half the vinegar** and **½ cup water** (dbl for 4 ppl) to the pot with **veggies**. Bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **stew** thickens slightly, 7-8 min. (**TIP**: Add more water if you prefer a more soup-like consistency.) Add **chopped spinach**. Stir until wilted, 1-2 min. Season with **salt** and **pepper**, to taste.



Finish and serve

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

Dinner Solved!