



# Chickpea Ribollita Stew

with Parmesan Croutons and Spinach Salad

Veggie

30 Minutes



Chickpeas



Ciabatta Roll



Mushrooms



Baby Spinach



Yellow Onion



Carrot



Crushed Tomatoes



Parmesan Cheese, shredded



Italian Seasoning



Balsamic Vinegar



Vegetable Broth Concentrate



Garlic Puree



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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, aluminum foil, 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	370 ml	796 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
Garlic Puree	1 tbsp	2 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.*

## Contact

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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

- Meanwhile, add **ciabatta, remaining Italian Seasoning** and **1 tbsp oil** (dbl for 4 ppl) to a foil-lined 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, 3-6 min. (**TIP:** Keep an eye on croutons so they don't burn!)



## Cook veggies

- Heat a large pot over medium-high 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, garlic puree, half the vinegar** and **½ cup water** (dbl for 4 ppl) to the pot with **veggies**. Bring to a boil.
- 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** alongside.

## Dinner Solved!