



# Harissa Chickpea Stew

## with Spiced Flatbread Crisps and Feta

Veggie

25 Minutes

+ Add



Chicken Breasts  
2 | 4

Customized Protein

+ Add

Swap

or

\*2 Double

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](https://www.hellofresh.ca)



Chickpeas  
370 ml | 740 ml



Flatbread  
2 | 4



Zucchini  
1 | 2



Ginger  
30 g | 60 g



Cilantro  
7 g | 14 g



Moroccan Spice Blend  
1 tbsp | 2 tbsp



Harissa Spice Blend  
2 tbsp | 4 tbsp



Crushed Tomatoes with Garlic and Onion  
1 | 2



Feta Cheese, block  
100 g | 200 g



Vegetable Broth Concentrate  
1 | 2



Sweet Bell Pepper  
1 | 2

**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.

Pantry items | Oil, pepper, salt

Cooking utensils | Baking sheet, grater, measuring spoons, parchment paper, large non-stick pan

1



## Prep

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

### + Add | Chicken Breasts

- Cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then finely grate **ginger**.
- Roughly chop **cilantro**.
- Cut **each flatbread** into **8 equal-sized wedges**.

4



## Finish stew

- Add **crushed tomatoes**, **broth concentrate** and **chickpeas** including **liquid** to the pan.
- Cook, stirring occasionally, until **stew** thickens slightly, 7-8 min.
- Add **veggies**. Cook, stirring occasionally, until heated through, 1-2 min.

2



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **zucchini** and **peppers**. Season with **salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-5 min.
- Remove from heat, then transfer **veggies** to a plate.

5



## Make spiced flatbread crisps

- Meanwhile, add **flatbread wedges**, **remaining Moroccan Spice Blend** and **1 tbsp** (2 **tbsp**) **oil** to a parchment-lined baking sheet.
- Season with **pepper**, then toss to coat. Arrange in a single layer.
- Bake in the **top** of the oven until golden and crisp, 4-6 min.

3



## Start stew

- Reheat the same pan over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **ginger**, **Harissa Spice Blend** and **2 tsp** (4 **tsp**) **Moroccan Spice Blend**.
- Cook, stirring often, until fragrant, 1 min.

6



## Finish and serve

### + Add | Chicken Breasts

- Divide **stew** between bowls.
- Crumble **feta**, then sprinkle **cilantro** over top.
- Serve **spiced flatbread crisps** alongside for dipping.

Measurements  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 1 | Cook chicken

### + Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **chicken**. (**NOTE**: Don't overcrowd the pan; cook in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.\*\* Reuse the same pan to cook **veggies** in step 2.

## 6 | Finish and serve

### + Add | Chicken Breasts

Thinly slice **chicken**. Arrange over **stew**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



Issue with your meal? Scan the QR code to share your feedback.