

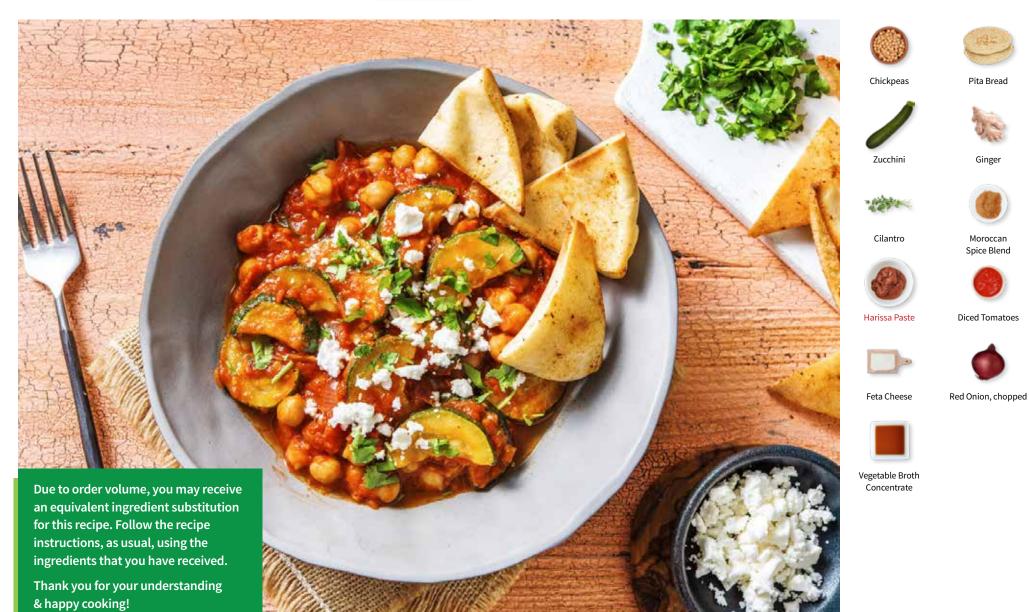
# Harissa Chickpea Stew

Spicy

with Spiced Pita Crisps and Feta

Veggie

25 Minutes



# Start here

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

# Bust Out

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

# Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Pita Bread	2	4
Zucchini	200 g	400 g
Ginger	30 g	60 g
Cilantro	7 g	14 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Harissa Paste 🥑	1 tbsp	2 tbsp
Diced Tomatoes	398 ml	796 ml
Feta Cheese	1⁄4 cup	½ cup
Red Onion, chopped	56 g	113 g
Vegetable Broth Concentrate	1	2
Oil*		
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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

Cut the **zucchini** in half lengthwise, then into 1/2-inch thick half-moons. Peel, then mince or grate **ginger**. Roughly chop **cilantro**. Cut **each pita** into quarters, then each quarter in half to make **8 wedges** in total. (NOTE: You will have 16 wedges for 4ppl.)



Cook zucchini

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min. Remove pan from the heat then transfer **zucchini** to a plate.



#### Start stew

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4ppl) then **onions**. Cook, stirring occasionally, until softened, 4-5 min. Add **harissa**, **ginger** and **half the Moroccan spice** and stir until fragrant, 1 min.



#### Finish stew

Add **chickpeas** (including can liquid), **tomatoes** and **broth concentrate(s)**. Cook, stirring occasionally, until thickened slightly, 7-8 min. Add **zucchini** and cook, stirring occasionally, until heated through, 1-2 min. Season with **salt** and **pepper**.



## Toast pita

While **stew** simmers, arrange **pita wedges** on a parchment-lined baking sheet. Drizzle the **pita wedges** with **1 tbsp oil** (dbl for 4ppl), then sprinkle with **remaining Moroccan spice**. Toss to coat. Season with **salt** and **pepper**. Bake in the **middle** of the oven until golden-brown and crispy, 4-5 min.



## Finish & serve

Divide **stew** between bowls and sprinkle with **feta** and **cilantro**. Serve **spiced pita crisps** on the side for dunking.

# **Dinner Solved!**