



Harissa Chickpea Stew

with Spiced Pita Crisps and Feta

Veggie

Spicy

25 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Chickpeas



Pita Bread



Zucchini



Ginger



Cilantro



Moroccan
Spice Blend



Harissa Paste



Diced Tomatoes



Feta Cheese



Red Onion, chopped



Vegetable Broth
Concentrate

HELLO HARISSA PASTE

This fragrant spicy chili pepper paste is commonly used in Tunisian and Moroccan cuisine

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	¼ cup	½ cup
Red Onion, chopped	56 g	113 g
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

Cut the **zucchini** in half lengthwise, then into ½-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 4 ppl.)



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 4 ppl) 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 4 ppl), 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!