



Harissa Chickpea Stew

with Spiced Pita Crisps and Feta

Veggie

Optional Spice

25 Minutes



Chickpeas



Pita Bread



Zucchini



Ginger



Cilantro



Moroccan Spice Blend



Harissa Spice Blend



Crushed Tomatoes with Garlic and Onion



Feta Cheese, block



Vegetable Broth Concentrate

HELLO HARISSA SPICE BLEND

This fragrant and spicy chili pepper seasoning is commonly used in North African cuisine.

Start here

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

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: 1 tsp
- Medium: 2 tsp
- Spicy: 1 tbsp

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 Spice Blend 🌶️	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Feta Cheese, block	100 g	200 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.)



Finish stew

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



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.



Make pita crisps

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 Blend**. Season with **salt** and **pepper**, then toss coat. Bake in the **middle** of the oven until golden-brown and crispy, 4-5 min.



Start stew

Heat the same pan over medium. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **ginger, half the Moroccan Spice Blend** and **2 tsp Harissa Spice Blend**. Stir until fragrant, 1 min. (NOTE: Reference Heat Guide.)



Finish and serve

Divide **stew** between bowls. Crumble **feta** over top, then sprinkle with **cilantro**. Serve **spiced pita crisps** on the side, for dipping.

Dinner Solved!