



Harissa Chickpea Stew

with Spiced Flatbread Crisps and Feta

Veggie

Spicy

Quick

25 Minutes



Chickpeas



Flatbread



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.

Bust out

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

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Flatbread	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*		
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.

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1 Prep

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



2 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 the pan from the heat, then transfer **zucchini** to a plate.



3 Start stew

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



4 Finish stew

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



5 Make spiced flatbread crisps

While **stew** simmers, add **flatbread wedges**, **remaining Moroccan Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) 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, 5-6 min.



6 Finish and serve

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

Dinner Solved!