



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



Feta Cheese, block



Vegetable Broth Concentrate



Garlic Salt

HELLO HARISSA SPICE BLEND

This fragrant 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

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	370 ml	796 ml
Feta Cheese, block	100 g	200 g
Vegetable Broth Concentrate	1	2
Garlic Salt	1 tsp	2 tsp
Sugar*	½ tsp	1 tsp
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 half-moons.
- Peel, then finely grate **ginger**.
- Roughly chop **cilantro**.
- Cut **each flatbread** into **8 equal wedges**.



4 Finish stew

- Add **crushed tomatoes, broth concentrate, chickpeas**, including liquid, **remaining garlic salt** and **½ tsp sugar** (dbl for 4 ppl) to the pan. Cook, stirring occasionally, until **stew** thickens slightly, 7-8 min.
- Add **zucchini**. Cook, stirring occasionally, until heated through, 1-2 min.



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**. Season with **half the garlic salt** and **pepper**. Cook, stirring often, until tender-crisp, 3-4 min.
- Remove the pan from the heat, then transfer **zucchini** to a plate.



5 Make spiced flatbread crisps

- Meanwhile, 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.



3 Start stew

- Reheat 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.



6 Finish and serve

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

Dinner Solved!