

# HELLO Harissa Chickpea Stew with Spiced Flatbread Crisps and Feta

Veggie

25 Minutes



Breasts •



2 Double

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 🎥





Chickpeas 370 ml | 740 ml



Flatbread 2 4



Zucchini



30 g | 60 g

1 | 2



Cilantro





Moroccan Spice

Blend 1 tbsp | 2 tbsp



Harissa Spice Blend





2 tbsp | 4 tbsp



Feta Cheese, 100 g | 200 g



Tomatoes with

Vegetable Broth Concentrate 1 | 2



Pepper 1 2

Allengens 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. **Cooking utensils** | Baking sheet, grater, measuring spoons, parchment paper, large non-stick pan



## Prep

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

#### 🛨 Add | Chicken Breasts

- Cut **zucchini** in half lengthwise, then into ½-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then finely grate ginger.
- Roughly chop cilantro.

Finish stew

Cut each flatbread into 8 equal-sized wedges.



## Cook veggies

- Heat a large non-stick pan over medium-high heat.
- When hot, add ½ tbsp (1 tbsp) oil, then zucchini and peppers. Season with salt and pepper. Cook, stirring often, until tendercrisp, 3-5 min.
- Remove from heat, then transfer **veggies** to a plate.



## Start stew

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



# Make spiced flatbread crisps

- Meanwhile, add flatbread wedges, remaining Moroccan Spice Blend and 1 tbsp (2 tbsp) oil 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, 4-6 min.



# Finish and serve

## Add | Chicken Breasts

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

# 1 | Cook chicken

Measurements

within steps

### Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 tbsp) **oil**, then **chicken**. (NOTE: Don't overcrowd the pan; cook in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer to an unlined baking sheet. Bake in the **middle** of the oven until **chicken** is cooked through, 12-14 min.\*\* Reuse the same pan to cook **veggies** in step 2.

1 tbsp

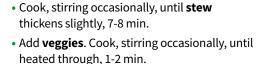
oil

(2 tbsp)

#### 6 | Finish and serve

#### Add | Chicken Breasts

Thinly slice chicken. Arrange over stew.



Add crushed tomatoes, broth concentrate

and **chickpeas** including **liquid** to the pan.

- Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.
- \*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

