



Persian-Inspired Chickpea Carrot Stew

with Toasted Garlic Flatbread

Veggie Optional Spice 35 Minutes



CUSTOM RECIPE
This is a Custom Recipe. If you chose to add chicken breasts, simply follow the instructions on the back of this card and you're set.
Happy cooking!

- Carrot
- Chicken Breasts
- Middle Eastern Seasoning
- Flatbread
- Almonds, sliced
- Parsley
- Chickpeas
- Baby Spinach
- Garlic Puree
- Crushed Tomatoes
- Yellow Onion
- Vegetable Broth Concentrate
- Chili-Garlic Sauce

HELLO PARSLEY

Fresh and green, this herb brings brightness to any dish!

Start here

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

Bust out

2 Baking sheets, vegetable peeler, measuring spoons, silicone brush, tongs, small bowl, large pot

Ingredients

	2 Person	4 Person
Carrot	340 g	680 g
Chicken Breasts*	2	4
Middle Eastern Seasoning	1 tbsp	2 tbsp
Flatbread	2	4
Almonds, sliced	28 g	56 g
Parsley	7 g	14 g
Chickpeas	398 ml	796 ml
Baby Spinach	56 g	113 g
Garlic Puree	1 tbsp	2 tbsp
Crushed Tomatoes	200 ml	398 ml
Yellow Onion	56 g	113 g
Vegetable Broth Concentrate	2	4
Chili-Garlic Sauce 🌶️	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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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Prep and toast almonds

- Peel, then halve **carrots** lengthwise, then cut into 1-inch half moons.
- Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Roughly chop **spinach**.
- Roughly chop **parsley**.
- Heat a large pot over medium-high heat.
- When hot, add **almonds** to the dry pot. Toast, stirring often, until golden, 3-4 min. (**TIP**: Keep an eye on almonds so they don't burn!)
- Transfer to a plate.



Finish stew

- Add **crushed tomatoes**, **broth concentrate** and **chickpeas** with their **liquid**. Bring to a boil over high.
- Once boiling, reduce heat to medium-low. Cook, stirring occasionally, until **stew** thickens slightly, 6-7 min.
- Remove from heat.
- Add **spinach**. Stir until wilted, 1-2 min.
- Season with **salt and pepper**, to taste.



Roast carrots

- Meanwhile, add **carrots**, **1 tbsp oil** and **½ tbsp Middle Eastern Seasoning** (dbl both for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until golden-brown and tender, 20-22 min.

If you've opted to add **chicken breasts**, while **carrots** roast, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat the same pot (from step 1) over medium-high. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **chicken**. Cook until golden, 1-2 min per side. Transfer **chicken** to another unlined baking sheet. Roast **chicken** in the **bottom** of the oven until cooked through, 10-12 min.**



Toast flatbread

- Meanwhile, stir together **1 tbsp oil** (dbl for 4 ppl) and **remaining garlic puree** in a small bowl.
- Set aside.
- Arrange **flatbreads** on another unlined baking sheet. Toast in **top** of the oven, until crispy, 1-2 min.
- Using tongs, carefully flip **flatbreads**.
- Brush **garlic-oil** over **flatbreads**, then season with **salt** and **pepper**.
- Return to the oven until crispy, 2-3 min.



Start stew

- Meanwhile, add **1 tbsp butter** (dbl for 4 ppl) to the same pot (from step 1), then swirl the pot until melted, 30 sec.
- Add **onions**. Cook, stirring often, until golden-brown, 3-4 min.
- Season with **salt** and **pepper**.
- Add **remaining Middle Eastern Seasoning** (dbl for 4 ppl) and **half the garlic puree**. Cook, stirring often, until fragrant, 30 sec.



Finish and serve

- Quarter **flatbreads**.
- Stir **roasted carrots** and **half the parsley** into **stew**.
- Divide **stew** between bowls.
- Drizzle **chili-garlic sauce** over top, if desired.
- Sprinkle with **toasted almonds** and **remaining parsley**.
- Serve **flatbread** alongside.

Thinly slice **chicken**. Top **stew** with **chicken**.