



# Smart Stewed Harissa Chicken

with Peppers and Feta

Calorie Smart

Carb Smart

35 Minutes



Chicken Breasts



Harissa Spice Blend



Sweet Bell Pepper



Crushed Tomatoes



Parsley



Feta Cheese,  
crumbled



Chicken Broth  
Concentrate



Mirepoix



Garlic Salt

## HELLO HARISSA SPICE BLEND

*This fragrant chili pepper seasoning is commonly used in North African cuisine!*

## Start here

Before starting, wash and dry all produce.

## Bust out

Measuring spoons, small bowl, measuring cups, large pot, paper towels

## Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Harissa Spice Blend	2 tbsp	4 tbsp
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes	370 ml	740 ml
Parsley	7 g	14 g
Feta Cheese, crumbled	¼ cup	½ cup
Chicken Broth Concentrate	2	4
Mirepoix	113 g	227 g
Garlic Salt	1 tsp	2 tsp
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.*

## Contact

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## 1 Prep

Core, then cut **pepper** into ½-inch pieces. Pat **chicken** dry with paper towels, then cut **each breast** in half cross-wise. Season with **salt** and **pepper**.



## 2 Cook veggies

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring often, until slightly softened, 3-4 min. Season with **salt** and **pepper**. Sprinkle **Harissa Spice Blend** over top. Cook, stirring often, until fragrant, 30 sec.



## 3 Start stew

Add **peppers, crushed tomatoes, broth concentrates** and **1 ½ cups water** (dbl for 4 ppl) to the pot. Season with **pepper** and **garlic salt**. Add **chicken**. (**NOTE:** Keep chicken covered with liquid.) Bring to a simmer over high heat. Once simmering, reduce heat to medium. Cook, stirring occasionally, until **veggies** are tender and **chicken** is cooked through, 10-12 min. \*\*



## 4 Make parsley oil

While **stew** cooks, finely chop **parsley**. Add **parsley** and **1 tbsp oil** (dbl for 4 ppl) to a small bowl. Season with **salt** and **pepper**, to taste, then stir to combine. (**TIP:** If you have a mortar and pestle, grind oil and roughly chopped parsley until the consistency is paste-like.)



## 5 Shred chicken and finish stew

When **chicken** is done, transfer to a clean cutting board. Using 2 forks, shred **chicken** into bite-sized pieces. Add **chicken** to **stew**. Season with **salt** and **pepper**, to taste, then stir to warm through. (**TIP:** Add ¼ tsp sugar if the stew is too acidic.)



## 6 Finish and serve

Divide **stew** between bowls. Spoon **parsley oil** over top, then sprinkle with **feta**.

## Dinner Solved!