



# Spanish Chorizo and Chickpea Stew

with Peppers and Spiced Croutons

Optional Spice

Quick

25 Minutes



Chorizo Sausage,  
uncased



Chickpeas



Ciabatta Roll



Carrot



Sweet Bell Pepper



Baby Spinach



Chili Flakes



Smoked Paprika-  
Garlic Blend



Chicken Broth  
Concentrate



Crushed Tomatoes  
with Garlic and  
Onion

HELLO CHORIZO

*This seasoned pork sausage comes fully loaded with flavour!*

## Start here

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

### Heat Guide for Step 3:

- Mild: ¼ tsp
- Medium: ½ tsp
- Spicy: 1 tsp

## Bust out

Baking sheet, vegetable peeler, measuring spoons, box grater, measuring cups, large pot

## Ingredients

	2 Person	4 Person
Chorizo Sausage, uncased	250 g	500 g
Chickpeas	370 ml	740 ml
Ciabatta Roll	1	2
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Baby Spinach	56 g	113 g
<b>Chili Flakes</b> 🌶️	¼ tsp	¼ tsp
Smoked Paprika-Garlic Blend	1 tbsp	2 tbsp
Chicken Broth Concentrate	1	2
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F.

## 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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## Prep

- Peel, then coarsely grate **carrot**.
- Core, then cut **pepper** into ½-inch pieces.
- Cut or tear **ciabatta** into ½-inch pieces.



## Finish stew

- Add **crushed tomatoes, chickpeas** with their **liquid, broth concentrate** and **½ cup water** (dbl for 4 ppl). Bring to a boil over high.
- Once boiling, reduce heat to medium and simmer, stirring occasionally, until **stew** thickens slightly, 7-8 min.
- Add **peppers** and **spinach**. Season with **salt** and **pepper**, then stir until **spinach** wilts, 1 min.



## Cook peppers

- Heat a large pot over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring occasionally, until tender-crisp, 3-4 min. Season with **salt** and **pepper**.
- Transfer **peppers** to a plate and set aside.



## Make spiced croutons

- Meanwhile, add **ciabatta, remaining Smoked Paprika-Garlic Blend** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Toast in the **middle** of the oven, tossing halfway through, until golden, 5-6 min.



## Start stew

- Reheat the same pot over medium.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **chorizo** and **carrots**. Cook, breaking up **chorizo** into smaller pieces, until no pink remains, 4-5 min.\*\*
- Add **half the Smoked Paprika-Garlic Blend** and **¼ tsp chili flakes**. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1 min.



## Finish and serve

- Divide **stew** between bowls.
- Top with **spiced croutons**.

## Dinner Solved!