

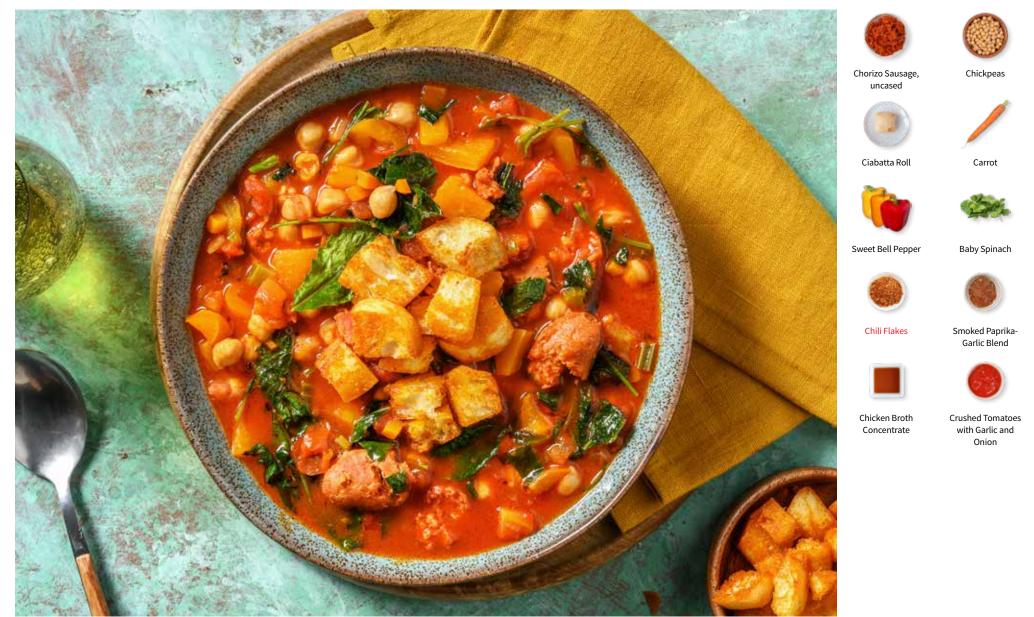
Spanish Chorizo and Chickpea Stew

with Peppers and Spiced Croutons

Quick

Optional Spice

25 Minutes



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 • 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
Chili Flakes 🥑	¼ tsp	1⁄4 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.



Cook peppers

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- 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.



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.



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.



Finish and serve

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

Dinner Solved!



Finish stew

• Add crushed tomatoes, chickpeas with their liquid, broth concentrate and ¹/₂ 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.