



Spiced Chickpea and Spinach Stew

with Bocconcini and Garlic Naan

Veggie

Optional Spice

30 Minutes



Chickpeas



Shallot



Chili Garlic Sauce



Sweet Bell Pepper



Parsley



Moroccan Spice Blend



Crushed Tomatoes



Baby Spinach



Bocconcini Cheese



Naan Bread



Garlic, cloves



Harissa Spice Blend



Vegetable Broth Concentrate

HELLO HARISSA SPICE

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

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

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

Bust out

Baking sheet, large oven-proof pan, measuring spoons, silicone brush, strainer, small bowl, measuring cups

Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Shallot	50 g	100 g
Chili Garlic Sauce 🌶️	½ tbsp	1 tbsp
Sweet Bell Pepper	320 g	640 g
Parsley	7 g	7 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Crushed Tomatoes	388 ml	796 ml
Baby Spinach	56 g	113 g
Bocconcini Cheese	100 g	200 g
Naan Bread	2	4
Garlic, cloves	2	4
Harissa Spice Blend	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

* Pantry items

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

Core, then cut **peppers** into ½-inch pieces. Peel, then cut **shallot** into ¼-inch pieces. Peel, then mince or grate **garlic**. Roughly chop **parsley**. Roughly chop **spinach**. Cut or tear **bocconcini** in half, then season with **salt** and **pepper**. Drain and rinse **chickpeas**.



Broil chickpea stew

Top **chickpea stew** with **bocconcini**. Broil in the **middle** of the oven until **bocconcini** melts, 3-4 min. (**NOTE:** If you don't have an oven-proof pan, cover and cook on the stove over medium heat until bocconcini melts, 4-5 min.)



Cook veggies

Heat a large oven-proof pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **shallots** and **peppers**. Cook, stirring occasionally, until **peppers** are tender-crisp, 4-5 min. Season with **salt** and **pepper**. Add **Moroccan Spice Blend**, **Harissa Spice Blend** and **half the garlic**. Cook, stirring often, until fragrant, 1 min.



Toast naan

While **stew** broils, stir together **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl. Brush **garlic oil** over **naan**. Cut **naan** into quarters, then arrange on an unlined baking sheet. When **stew** is done, toast **naan** in the **middle** of the oven until lightly golden-brown, 2-3 min. (**TIP:** Keep an eye on them so they don't burn!)



Simmer chickpea stew

Add **chickpeas**, **crushed tomatoes**, **broth concentrate**, **½ tbsp chili garlic sauce** and **½ cup water** (dbl for 4 ppl) to the pan with **veggies**. (**NOTE:** Reference heat guide.) Simmer over medium heat, stirring occasionally, until **sauce** thickens slightly, 7-8 min. Add **spinach** and **half the parsley**. Stir until **spinach** wilts, 1 min. Season with **salt** and **pepper**.



Finish and serve

Divide **chickpea stew** between bowls. Sprinkle with **remaining parsley**. Drizzle any **remaining chili garlic sauce** over top for more heat, if desired! Serve **garlic naan** on the side for dipping.

Dinner Solved!