

Tunisian Freekeh Stew

with Roasted Spiced Chickpeas and Green Salad

Freekeh is an ancient grain that's been toasted and cracked to create it's unique flavour! It's great in salads, but also surprisingly delicious in this Tunisian stew! A unique blend of eight spices gives this dish its smoky and savoury flavour - we guarantee you've never tasted anything like it!



35 min



level 1



veggie



Freekeh



Mirepoix





Spring Mix



Tunisian Spice



Balsamic Vinegar





Vegetable Broth Concentrate



Greek Yogurt



Chickpeas



Tomato Paste



Cayenne



Honey



Dijon Mustard



Ingredients		2 People
Freekeh	4)	1 pkg (113 g)
Mirepoix (Carrot, Celery, Onion)		1 pkg (396 g)
Tunisian Spice Blend		1 pkg (1 tbsp)
Cayenne 🥔		1 pkg (1 tsp)
Garlic		1 pkg (10 g)
Vegetable Broth Concentrate		2 pkg
Greek Yogurt	1)	1 pkg (100 g)
Tomato Paste		1 can
Chickpeas		1 can
Spring Mix		1 pkg (56 g)
Balsamic Vinegar	2)	1/4 bottle (1 tsp)
Honey		½ pkg (1½ tsp)
Dijon Mustard	2) 3)	½ pkg (¾ tsp)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Milk/Lait
- 2) Sulphites/Sulfites
- 3) Mustard/Moutarde
- 4) Wheat/Blé

Tools

Baking Sheet, Medium Pot, Measuring Cups, Large Bowl

Nutrition per person Calories: 724 cal | Fat: 11 g | Protein: 30 g | Carbs: 133 g | Fibre: 27 g | Sodium: 1894 mg Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

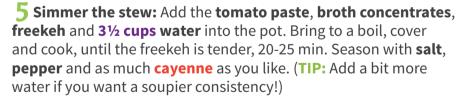


- 1 Preheat the oven to 400°F (to roast the chickpeas.) Start prepping when the oven comes up to temperature!
- **2 Prep: Wash and dry all produce.** Mince or grate the **garlic**. Drain and rinse the **chickpeas**.





4 Start the stew: Heat a medium pot over medium heat. Add a drizzle of oil then the mirepoix. Cook, stirring, until softened and golden-brown, 8-10 min. Add the garlic and remaining spice blend. Cook until fragrant 1-2 min.





- Make the salad: Meanwhile, in a large bowl, whisk 1 tsp vinegar with ½ tsp honey, ¾ tsp Dijon and 2 tbsp yogurt. Toss in the spring mix.
- **7 Finish and serve:** Divide the **stew** between bowls. Top each bowl with the **chickpeas** and a dollop of **yogurt**. Serve the **salad** on the side. Enjoy!