



FEB
2017



Tunisian Freekeh Stew

with Roasted Spiced Chickpeas and Green Salad

Freekeh is an ancient grain that's been toasted and cracked to create its 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!

Prep
35 min

level 1

veggie



Freekeh



Mirepoix



Spring Mix



Tunisian Spice Blend



Balsamic Vinegar



Garlic



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) | ¼ 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

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 724 cal | Fat: 11g | Protein: 30g | Carbs:133g | Fibre: 27g | Sodium: 1894 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

3



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**.

3 Roast the chickpeas: Meanwhile, toss the **chickpeas** on a baking sheet with **half the spice blend**, a drizzle of **oil** and a pinch of **salt** and **pepper**. Roast in the oven, stirring halfway through cooking, until golden-brown, 28-30 min. (**NOTE:** They will not be crunchy!)

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.

5 Simmer the stew: Add the **tomato paste**, **broth concentrates**, **freekeh** and **3½ cups water** into the pot. Bring to a boil, cover and cook, until the freekeh is tender, 20-25 min. Season with **salt**, **pepper** and as much **cayenne** as you like. (**TIP:** Add a bit more water if you want a soupier consistency!)

6 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!

4



5



Share your masterpiece! Tag your photos with #HelloFreshLife and share on   

HelloFresh.ca | hello@hellofresh.ca