

## Waad's Tunisian Freekeh Stew

with Crispy Chickpeas & Yogurt

Our beloved intern, Waad, wouldn't stop raving about his mother's famous stew recipe. After a little begging, we were lucky enough to get the original recipe sent all the way from Tunisia. A unique blend of nine spices gives this dish its character – we guarantee you've never tasted anything like it!

















Tunisian Spice



Yellow Onion





Cracked Freekeh



Celery





Vegetable Stock Concentrates



Greek Yogurt



Crushed Tomatoes



Chickpeas



Ingredients		2 People	4 People
Tunisian Spice Blend		1 T	2 T
Yellow Onion		1	2
Carrot		6 oz	12 oz
Cracked Freekeh	1)	1⁄2 C	1 c
Celery		1 stalk	2 stalks
Garlic		2 cloves	4 cloves
Vegetable Stock Concentrates		2	4
Greek Yogurt	2)	1/4 C	½ c
Crushed Tomatoes		1 can	1 can
Chickpeas		1 can	2 cans
Olive Oil*		5 t	10 t

Allergens

1) Wheat

2) Milk

\*Not Included

Tools
Large Pot,
Baking Sheet,
Stainer, Peeler

Nutrition per person Calories: 649 cal | Fat: 19 g | Sat. Fat: 1 g | Protein: 27 g | Carbs: 89 g | Sugar: 10 g | Sodium: 733 mg | Fiber: 24 g

Make sure to wash and dry produce before prepping or cooking!



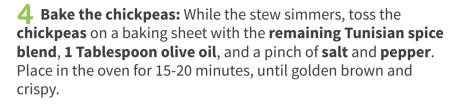
1 Prep the ingredients: Preheat the oven to 400 degrees. Peel and finely dice the carrot. Halve, peel, and finely dice the onion. Finely dice the celery. Mince or grate the garlic. Drain and rinse the chickpeas.



**2 Start the stew:** Heat a drizzle of **olive oil** in a large pot over medium heat. Add the **onion**, **carrot**, and **celery** and cook, tossing, for 7-8 minutes, until softened and beginning to caramelize. Season with **salt** and **pepper**. Add the **garlic** and **2 teaspoons Tunisian spice blend** (we are sending 3) to the pot and cook for 1-2 more minutes, until fragrant. Add ¼ **cup crushed tomatoes** to the pot and cook for another 1-2 minutes. Season with **salt** and **pepper**.



**3** Simmer the stew: Stir the stock concentrates, freekeh, and 4 cups water into the pot. Bring to a low simmer and cook for 20-25 minutes, until the freekeh is tender. Season with salt and pepper.





5 Finish and plate: Once the stew and chickpeas are ready, divide the stew between bowls. Top each bowl with the crispy chickpeas, a dollop of yogurt, and a drizzle of olive oil. Enjoy!