



VEGAN ZA'ATAR-SPICED CHICKPEA STEW

with Zucchini, Bell Pepper, Parsley & Basmati Rice

INGREDIENTS

2 PERSON | 4 PERSON



1 Cup | 2 Cups
Basmati Rice



2 Cloves | 4 Cloves
Garlic



1 | 2
Zucchini



1 | 2
Bell Pepper*



¼ oz | ½ oz
Parsley



1 tsp | 2 tsp
Cumin



1 tsp | 2 tsp
Paprika



1 TBSP | 1 TBSP
Za'atar Spice
Contains: Sesame



1 tsp | 2 tsp
Chili Flakes



1 | 2
Tomato Paste



1 | 2
Chickpeas



3 | 6
Veggie Stock
Concentrates



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP
OR GIVE US A CALL AT (646) 846-3663.



*The ingredient you received may be a different color.

HELLO

ZA'ATAR

This spice blend combines herbaceous thyme, nutty sesame seeds, and tangy-earthy sumac.



PREP: 10 MIN | COOK: 30 MIN | CALORIES: 790



AMAZING PASTE

Once you add the tomato paste to the pan, cook, stirring, until it turns brick red—that's when it's caramelized and at its most umami-packed (keep a close watch, though; it happens quickly!).

BUST OUT

- Small pot
- Large pan
- Small bowl
- Whisk
- Kosher salt
- Black pepper
- Cooking oil (2 tsp | 2 tsp)
- Olive oil (1 tsp | 2 tsp)

MORE IS MORE

If you upgraded your meal to double your protein or veggies and/or ordered 6 servings, you may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues. (For 6-person meals, triple the amounts in the 2-person recipe.)

For HelloCustom nutritional information, please refer to HelloFresh.com.

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1 COOK RICE

- In a small pot (**medium pot for 4 servings**) combine **rice**, **1½ cups water (3 cups for 4)**, and a **pinch of salt**. Bring to a boil, then cover and reduce heat to low; cook until rice is tender, 18-20 minutes.
- Keep covered off heat until ready to serve.



3 MAKE STEW

- Heat a **large drizzle of oil** in a large pan over medium-high heat. Add **spice mixture** and cook, stirring, until fragrant, 10-15 seconds. **TIP: Watch carefully and stir constantly to prevent burning!**
- Whisk in **tomato paste**; cook, whisking, until slightly darkened, 10-15 seconds.
- Add **1½ cups water (3 cups for 4 servings)**, **chickpeas and their liquid**, **zucchini**, **bell pepper**, **stock concentrates**, **½ tsp salt (1 tsp for 4)**, and **pepper**; stir to combine.
- Increase heat to high, then cover and bring to a boil. Once boiling, uncover and reduce heat to medium. Simmer, stirring occasionally, until liquid has reduced and slightly thickened, 8-10 minutes. **TIP: For a thicker stew, mash half the chickpeas with the back of a spoon!**
- Turn off heat; taste and season with **salt** and **pepper**.



2 PREP & MIX SPICES

- While rice cooks, **wash and dry produce**.
- Peel and mince **garlic**. Trim and slice **zucchini** crosswise into ½-inch-thick rounds. Core, deseed, and dice **bell pepper** into ½-inch pieces. Roughly chop **parsley**.
- In a small bowl, combine garlic, **cumin**, **paprika**, **half the Za'atar Spice (all for 4 servings)**, and as many **chili flakes** as you like.



4 FINISH & SERVE

- Fluff **rice** with a fork; stir in a **drizzle of olive oil (large drizzle for 4 servings)**.
- Divide rice between shallow bowls and top with **chickpea stew**. Garnish with **parsley** and serve.