



Harissa Chickpea Stew

with Spiced Pita Crisps and Feta

Veggie

Spicy

25 Minutes



Chickpeas



Pita Bread



Zucchini



Ginger



Cilantro



Moroccan
Spice Blend



Harissa Paste



Diced Tomatoes



Feta Cheese



Red Onion, chopped



Vegetable Broth
Concentrate

HELLO HARISSA PASTE

This fragrant spicy chili pepper paste is commonly used in Tunisian and Moroccan cuisine

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, grater, measuring spoons, parchment paper, large non-stick pan

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Pita Bread	2	4
Zucchini	200 g	400 g
Ginger	30 g	60 g
Cilantro	7 g	14 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Harissa Paste 🍷	1 tbsp	2 tbsp
Diced Tomatoes	398 ml	796 ml
Feta Cheese	¼ cup	½ cup
Red Onion, chopped	56 g	113 g
Vegetable Broth Concentrate	1	2
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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Prep

Cut the **zucchini** in half lengthwise, then into ½-inch thick half-moons. Peel, then mince or grate **ginger**. Roughly chop **cilantro**. Cut **each pita** into quarters, then each quarter in half to make **8 wedges** in total. (NOTE: You will have 16 wedges for 4 ppl.)



Finish stew

Add **chickpeas** and their can liquid, **tomatoes** and **broth concentrate** to the pan. Cook, stirring occasionally, until thickened slightly, 7-8 min. Add **zucchini** and cook, stirring occasionally, until heated through, 1-2 min. Season with **salt** and **pepper**.



Cook zucchini

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min. Remove pan from the heat then transfer **zucchini** to a plate.



Toast pita

While **stew** cooks, arrange **pita wedges** on a parchment-lined baking sheet. Drizzle the **pita wedges** with **1 tbsp oil** (dbl for 4 ppl), then sprinkle with **remaining Moroccan spice**. Toss to coat. Season with **salt** and **pepper**. Bake in the **middle** of the oven until golden-brown and crispy, 4-5 min.



Start stew

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **onions**. Cook, stirring occasionally, until softened, 4-5 min. Add **harissa**, **ginger** and **half the Moroccan spice** and stir until fragrant, 1 min.



Finish and serve

Divide **stew** between bowls and sprinkle with **feta** and **cilantro**. Serve **spiced pita crisps** on the side for dunking.

Dinner Solved!