



Mediterranean Chickpea & Veggie Stew

with Parmesan & Garlic Panini

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Courgette



Capsicum



Garlic



Chickpeas



Aussie Spice Blend



Tomato Paste



Vegetable Stock Powder



Wholemeal Panini



Baby Spinach Leaves



Grated Parmesan Cheese



Chicken Breast

Prep in: 15-25 mins
Ready in: 30-40 mins



Calorie Smart*

*Custom Recipe is not
Calorie Smart



Eat Me Early*

*Custom Recipe only

If you're planning to stay in with a cosy homecooked dinner, then this stew fits the criteria. Tomato and chickpeas come together in a snap to create the base for the roast veggies to soak in. Dig in and enjoy the comfort of an easy to make and tasty dinner.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar, Butter

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
courgette	1	2
capsicum	1	2
garlic	3 cloves	6 cloves
chickpeas	½ tin	1 tin
Aussie spice blend	1 sachet	1 sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 large sachet	2 large sachets
brown sugar*	1 tsp	2 tsp
water*	1½ cups	3 cups
butter*	40g	80g
wholemeal panini	1	2
baby spinach leaves	1 small bag	1 medium bag
grated Parmesan cheese	1 medium packet	1 large packet
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2335kJ (558Cal)	475kJ (114Cal)
Protein (g)	21g	4.3g
Fat, total (g)	23.6g	4.8g
- saturated (g)	14g	2.8g
Carbohydrate (g)	57.3g	11.7g
- sugars (g)	16.8g	3.4g
Sodium (mg)	2003mg	407mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3080kJ (736Cal)	473kJ (113Cal)
Protein (g)	54.2g	8.3g
Fat, total (g)	28.8g	4.4g
- saturated (g)	15.6g	2.4g
Carbohydrate (g)	58.1g	8.9g
- sugars (g)	16.8g	2.6g
Sodium (mg)	2102mg	323mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2023 | CW44



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Cut **carrot, courgette** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly. Roast until tender, **20-25 minutes**.

3



Bake the garlic butter panini

- Meanwhile, slice **wholemeal panini** in half lengthways.
- In a small bowl, place the remaining **butter** and remaining **garlic**. Microwave in **10 second** bursts or until melted. Season with **salt**.
- Brush **garlic butter** over the cut sides of the **panini**. Place **panini** directly on a wire oven rack and bake until heated through, **5 minutes**.

2



Make the stew

- Meanwhile, finely chop **garlic**. Drain and rinse **chickpeas (see ingredients)**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **Aussie spice blend, chickpeas** and half the **garlic** until fragrant, **1-2 minutes**.
- Add **tomato paste, vegetable stock powder, the brown sugar, water** and half the **butter**, then bring to the boil. Reduce heat to medium and simmer for **4-5 minutes**. Season to taste.

Custom Recipe: If you've added chicken breast, cut into 2cm chunks. Heat pan as above and cook chicken before the chickpeas. When oil is hot, cook chicken, tossing occasionally, until browned and cooked through, 5-6 minutes. Continue as above.

4



Serve up

- Remove saucepan from heat, add roast veggies and **baby spinach leaves** and stir until wilted. Season to taste.
- Divide Mediterranean chickpea and veggie stew between bowls. Sprinkle over **grated Parmesan cheese**.
- Serve with garlic panini. Enjoy!

Rate your recipe

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