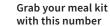


Mediterranean Chickpea & Veggie Stew

with Parmesan & Garlic Panini

WINTER WARMERS















Nan's Special





Seasoning

Tomato Paste

Powder

Wholemeal Panini



Baby Leaves



Grated Parmesan





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



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.

Pantry items Olive Oil, Brown Sugar, Butter

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

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

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	2 People	4 People	
olive oil*	refer to method	refer to method	
carrot	1	2	
courgette	1	2	
leek	1	2	
garlic	3 cloves	6 cloves	
chickpeas	½ tin	1 tin	
Nan's special seasoning	1 medium sachet	1 large sachet	
tomato paste	1 packet	2 packets	
vegetable stock powder	1 medium sachet	1 large sachet	
brown sugar*	1 tsp	2 tsp	
water*	1½ cups	3 cups	
butter*	40g	80g	
wholemeal panini	1	2	
baby leaves	1 small packet	1 medium packet	
grated Parmesan cheese	1 medium packet	1 large packet	

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	1954kJ (467cal)	259kJ (62cal)
Protein (g)	13.3g	1.8g
Fat, total (g)	27.1g	3.6g
- saturated (g)	14.7g	1.9g
Carbohydrate (g)	38.8g	5.1g
- sugars (g)	14.4g	1.9g
Sodium (mg)	997mg	132.2mg
Dietary Fibre (g)	9.3g	1.2g

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.



Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Cut carrot and courgette into bite-sized chunks. Thickly slice leek.
- 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.



Bake the cheesy 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.



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 Nan's special seasoning, 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.



Serve up

- Remove saucepan from heat, add roast veggies and baby 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!







Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.



Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

