

# Mediterranean Chickpea & Veggie Stew

with Parmesan & Garlic Panini

WINTER WARMERS

Grab your meal kit with this number

9



Carrot



Courgette



Leek



Garlic



Chickpeas



Nan's Special Seasoning



Tomato Paste



Vegetable Stock Powder



Wholemeal Panini



Baby Leaves



Grated Parmesan Cheese



Chicken Breast



Chicken Thigh

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

	2 People	4 People
<b>olive oil*</b>	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
<b>brown sugar*</b>	1 tsp	2 tsp
<b>water*</b>	1½ cups	3 cups
<b>butter*</b>	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](https://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

2024 | CW33



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## 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**.

3



## 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**.

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 **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**.

4



## 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!

### CUSTOM OPTIONS

#### + ADD CHICKEN BREAST

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

#### + ADD CHICKEN THIGH

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.

