














Mediterranean Chickpea & Veggie Stew

with Parmesan & Garlic Bread

Grab your meal kit with this number

9



- 
 Carrot
- 
 Courgette
- 
 Leek
- 
 Garlic
- 
 Chickpeas
- 
 Nan's Special Seasoning
- 
 Tomato Paste
- 
 Vegetable Stock Powder
- 
 Ciabatta
- 
 Baby Leaves
- 
 Grated Parmesan Cheese
- 
 Chicken Breast
- 
 Chicken Thigh

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

Calorie Smart

If you're planning to stay in with a cosy home-cooked 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
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
ciabatta	1 roll	2 rolls

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)	2375kJ (567Cal)	488kJ (116Cal)
Protein (g)	19.1g	3.9g
Fat, total (g)	29.2g	6g
- saturated (g)	14.9g	3.1g
Carbohydrate (g)	50.8g	10.4g
- sugars (g)	16.1g	3.3g
Sodium (mg)	1265mg	260mg
Dietary Fibre (g)	15.1g	3.1g

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

2024 | CW47



1



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 garlic bread

- Meanwhile, slice **ciabatta** 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 **ciabatta**.
- Place **ciabatta** 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 bread. 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.

