

Mediterranean Veggie & Chickpea Stew

with Olives & Fetta

Grab your Meal Kit with this symbol



Capsicum



Peeled & Chopped Pumpkin



Red Onion



Carrot



Zucchini



Garlic



Garlic & Herb Seasoning



Chickpeas



Diced Tomatoes with Garlic & Olive Oil



Vegetable Stock Pot



Kalamata Olives



Baby Spinach Leaves



Basil Pesto



Fetta Cubes



Hands-on: 25-35 mins
Ready in: 35-45 mins



Calorie Smart



Naturally gluten-free
Not suitable for Coeliacs

When we first tried this bright burst of goodness, we all agreed it had that "hug in a bowl" kind of feeling. There's wholesome chickpeas, pumpkin and capsicum, plus a sublime basil pesto to make it a nutritionally balanced meal.

Pantry items

Olive Oil, Milk, Honey

Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
capsicum	1	2
peeled & chopped pumpkin	1 packet (200g)	1 packet (400g)
red onion	1	2
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
garlic & herb seasoning	1 sachet	2 sachets
chickpeas	1 tin	2 tins
diced tomatoes with garlic & olive oil	1 tin	2 tins
water*	¾ cup	1½ cup
milk*	2 tsp	1 tbs
honey*	1 tsp	2 tsp
vegetable stock pot	1 tub (20g)	1 tub (40g)
kalamata olives	1 packet	2 packets
baby spinach leaves	1 bag (30g)	1 bag (60g)
basil pesto	1 sachet (50g)	1 sachet (100g)
fetta cubes	1 medium packet	1 large packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2307kJ (551Cal)	237kJ (56Cal)
Protein (g)	21.9g	2.3g
Fat, total (g)	22.1g	2.3g
- saturated (g)	5.7g	0.6g
Carbohydrate (g)	59.8g	6.2g
- sugars (g)	33.9g	3.5g
Sodium (mg)	2461mg	253mg

The quantities provided above are averages only.

Allergens

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

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



Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Roughly chop the **capsicum**. Place the **capsicum** and **peeled & chopped pumpkin** on a lined oven tray. Drizzle with **olive oil** and season with **salt** and **pepper**. Spread out evenly and roast until tender, **20-25 minutes**.



Simmer the stew

Add the **chickpeas** (including the liquid from the can), **diced tomatoes with garlic & olive oil**, **water**, **milk**, **honey** and **vegetable stock pot**. Bring to a boil, then simmer for **5-8 minutes**, or until slightly thickened.

TIP: *The honey and milk will help balance the flavours!*



Get prepped

While the veggies are roasting, finely chop the **red onion**. Thinly slice the **carrot** and **zucchini** into half-moons. Finely chop the **garlic**.



Finish the stew

While the stew is simmering, roughly chop the **kalamata olives**. Add the **roasted pumpkin**, **capsicum** and **baby spinach leaves** to the stew. Gently stir to combine until the **baby spinach** has wilted, **1 minute**. Season to taste.



Start the stew

Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Add the **onion**, **carrot** and **zucchini** and cook, stirring, until softened, **6-8 minutes**. Add the **garlic** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1-2 minutes**.



Serve up

Divide the Mediterranean veggie and chickpea stew between bowls. Top with the **basil pesto**, olives and crumble over the **fetta cheese**.

TIP: *Add less olives if you're not a fan!*

Enjoy!