



Mediterranean Vegetable & Chickpea Stew


with Fetta & Olives


Grab your Meal Kit with this symbol



-  Sweet Potato
-  Capsicum
-  Carrot
-  Zucchini
-  Garlic
-  Brown Onion
-  Chickpeas
-  Garlic & Herb Seasoning
-  Diced Tomatoes With Garlic & Onion
-  Baby Spinach Leaves
-  Vegetable Stock Pot
-  Kalamata Olives
-  Basil Pesto
-  Fetta Cubes
-  Chicken Breast

Prep in: **25-35 mins**
Ready in: **35-45 mins**

 **Calorie Smart[^]**
^Custom recipe is not Calorie Smart

 **Eat Me Early***
**Custom Recipe only*

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, sweet potato and capsicum, plus a sublime basil pesto to make it a nutritionally balanced meal.

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

Pantry items
Olive Oil, Honey

Before you start

Remember to wash your hands for 20 seconds.

You'll also need to give your fruit 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
sweet potato	1	2
capsicum	1	2
carrot	1	2
zucchini	1	2
garlic	2 cloves	4 cloves
brown onion	1	2
chickpeas	1 tin	2 tins
garlic & herb seasoning	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 box	2 boxes
water*	¾ cup	1 ½ cup
honey*	1 tsp	2 tsp
vegetable stock pot	1 packet (20g)	1 packet (40g)
kalamata olives	1 packet	2 packets
baby spinach leaves	1 small bag	1 medium bag
basil pesto	1 medium packet	1 large packet
fetta cubes	1 medium packet	1 large packet
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2592kJ (620Cal)	299kJ (71Cal)
Protein (g)	26.9g	3.1g
Fat, total (g)	33.7g	3.9g
- saturated (g)	7.1g	0.8g
Carbohydrate (g)	78.4g	9g
- sugars (g)	37g	4.3g
Sodium (mg)	3050mg	352mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3352kJ (801Cal)	325kJ (78Cal)
Protein (g)	60.1g	5.8g
Fat, total (g)	38.9g	3.8g
- saturated (g)	8.7g	0.8g
Carbohydrate (g)	78.4g	7.6g
- sugars (g)	37g	3.6g
Sodium (mg)	3138mg	304mg

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.

We're here to help!

Scan here if you have any questions or concerns



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Roast the veggies

- Preheat the oven to **220°C/200°C fan forced**. Cut **sweet potato** into bite-sized chunks. Roughly chop **capsicum**. Thinly slice **carrot** and **zucchini** into half-moons.
- Place **veggies** 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 soup

- To the saucepan, add **chickpeas**, **diced tomatoes with garlic & onion**, the **water**, **honey** and **vegetable stock pot**. Bring to a boil, then simmer for **3-4 minutes**, or until slightly thickened.



Get prepped

- While the veggies are roasting, finely chop **garlic**. Thinly slice **brown onion**. Drain and rinse **chickpeas**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.



Finish the soup

- While the soup is simmering, roughly chop **kalamata olives**.
- To the soup, add **roasted veggies** and **baby spinach leaves**. Gently stir until wilted, **1 minute**. Season to taste.



Start the soup

- Heat a large saucepan over medium-high heat with a drizzle of **olive oil**. Add **onion** and cook, stirring, until softened, **3-4 minutes**.
- Add **garlic** and **garlic & herb seasoning** and cook, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: Add chicken with the onion to cook until browned and cooked through.



Serve up

- Divide the Mediterranean vegetable & chickpea stew between bowls.
- Top with a dollop of **basil pesto**, olives and crumble over the **fetta cubes** to serve. Enjoy!

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

Rate your recipe

Did we make your tastebuds happy?

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