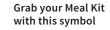


Mediterranean Chickpea & Veggie Stew

with Basil Pesto, Fetta & Semi-Dried Tomatoes

HARMONY WEEK









Sweet Potato







Carrot





Brown Onion





Seasoning

Chickpeas



Diced Tomatoes with Garlic & Onion



Vegetable Stock

Baby Spinach



Semi-Dried



Tomatoes



Basil Pesto





Fetta Cubes

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

Eat Me Early*

*Custom Recipe only



This Harmony Week, dive into the classic flavours of the Mediterranean with this chickpea stew. Although simple at first glance, we've packed this dish with all of the best veggies and created a colourful and hearty meal, which pays serious homage to the lush Mediterranean lifestyle.

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

Before you start

Wash your hands and any fresh food

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	
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	1½ cups	
honey*	1 tsp	2 tsp	
vegetable stock pot	1 packet (20g)	2 packets (40g)	
semi-dried tomatoes	½ medium packet	1 medium packet	
baby spinach leaves	1 small bag	1 medium bag	
basil pesto	1 medium packet	2 medium packets	
fetta cubes	1 large packet	2 large packets	
chicken breast**	1 small packet	1 large packet	

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g		
Energy (kJ)	2717kJ (649Cal)	335kJ (80Cal)		
Protein (g)	23.9g	2.9g		
Fat, total (g)	29.3g	3.6g		
- saturated (g)	6.4g	0.8g		
Carbohydrate (g)	67.3g	8.3g		
- sugars (g)	35.3g	4.4g		
Sodium (mg)	2895mg	357mg		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3478kJ (831Cal)	356kJ (85Cal)
Protein (g)	57.3g	5.9g
Fat, total (g)	34.5g	3.5g
- saturated (g)	8g	0.8g
Carbohydrate (g)	67.2g	6.9g
- sugars (g)	35.3g	3.6g
Sodium (mg)	2083ma	306ma

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 altergens may have changed.
We're here to help!

Scan here if you have any questions or concerns



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.



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.



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 and cook stirring, until browned and cooked through (when no longer pink inside), 6-8 minutes.



Simmer the soup

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



Finish the soup

- While the soup is simmering, roughly chop semi-dried tomatoes.
- · To the soup, add roasted veggies and baby spinach leaves. Gently stir to combine until leaves are wilted, 1 minute. Season to taste.



Serve up

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

Rate your recipe

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