

Mediterranean Chickpea & Veggie Stew

with Basil Pesto, Fetta & Semi-Dried Tomatoes

HARMONY WEEK

Grab your Meal Kit with this symbol



Recipe Update

Due to recent sourcing challenges, we've swapped olives for semi-dried tomatoes, which may look different to the picture. Don't worry, the recipe will be just as delicious, just be sure to follow your recipe card!

- Sweet Potato
- Capsicum
- Carrot
- Zucchini
- Garlic
- Brown Onion
- Chickpeas
- Garlic & Herb Seasoning
- Diced Tomatoes with Garlic & Onion
- Vegetable Stock Pot
- Semi-Dried Tomatoes
- Baby Spinach Leaves
- 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*

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.

Pantry items

Olive Oil, Honey

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)	2983mg	306mg

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](https://www.hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

Were here to help!

Scan here if you have any questions or concerns



1



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**.

4



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.

2



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.

5



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.

3



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.

6



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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