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Waad's Tunisian Freekeh Stew

with Crispy Chickpeas & Yogurt

Our beloved intern, Waad, wouldn't stop raving about his mother's famous stew recipe. After a little begging, we were lucky enough to get the original recipe sent all the way from Tunisia. A unique blend of nine spices gives this dish its character – we guarantee you've never tasted anything like it!

45 min

level 1

nut free

gluten free

veggie



Tunisian Spice Blend



Yellow Onion



Carrot



Cracked Freekeh



Celery



Garlic



Vegetable Stock Concentrates



Greek Yogurt



Crushed Tomatoes



Chickpeas

Ingredients	2 People	4 People
Tunisian Spice Blend	1 T	2 T
Yellow Onion	1	2
Carrot	6 oz	12 oz
Cracked Freekeh 1)	½ c	1 c
Celery	1 stalk	2 stalks
Garlic	2 cloves	4 cloves
Vegetable Stock Concentrates	2	4
Greek Yogurt 2)	¼ c	½ c
Crushed Tomatoes	1 can	1 can
Chickpeas	1 can	2 cans
Olive Oil*	5 t	10 t

*Not Included

Allergens

1) Wheat

2) Milk

Tools

Large Pot,
Baking Sheet,
Stainer, Peeler

Ruler

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Nutrition per person Calories: 649 cal | Fat: 19 g | Sat. Fat: 1 g | Protein: 27 g | Carbs: 89 g | Sugar: 10 g | Sodium: 733 mg | Fiber: 24 g

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. Peel and finely dice the **carrot**. Halve, peel, and finely dice the **onion**. Finely dice the **celery**. Mince or grate the **garlic**. Drain and rinse the **chickpeas**.



2 Start the stew: Heat a drizzle of **olive oil** in a large pot over medium heat. Add the **onion, carrot, and celery** and cook, tossing, for 7-8 minutes, until softened and beginning to caramelize. Season with **salt** and **pepper**. Add the **garlic** and **2 teaspoons Tunisian spice blend** (we are sending 3) to the pot and cook for 1-2 more minutes, until fragrant. Add **¼ cup crushed tomatoes** to the pot and cook for another 1-2 minutes. Season with **salt** and **pepper**.



3 Simmer the stew: Stir the **stock concentrates, freekeh, and 4 cups water** into the pot. Bring to a low simmer and cook for 20-25 minutes, until the freekeh is tender. Season with **salt** and **pepper**.



4 Bake the chickpeas: While the stew simmers, toss the **chickpeas** on a baking sheet with the **remaining Tunisian spice blend, 1 Tablespoon olive oil, and a pinch of salt and pepper**. Place in the oven for 15-20 minutes, until golden brown and crispy.

5 Finish and plate: Once the **stew** and **chickpeas** are ready, divide the stew between bowls. Top each bowl with the **crispy chickpeas, a dollop of yogurt, and a drizzle of olive oil**. Enjoy!