

INGREDIENTS

2 PERSON | 4 PERSON



Carrot



1 Thumb | 2 Thumbs Ginger



13.4 oz | 26.8 oz Chickpeas



1 TBSP | 2 TBSP Smoky Cinnamon Paprika Spice

1 tsp | 2 tsp Garlic Powder

1.5 oz | 3 oz

Tomato Paste

3 | 6

Veggie Stock Concentrates

2 TBSP | 4 TBSP

Yogurt Contains: Milk

1 | 1 Yellow Onion

1/4 oz | 1/4 oz

Cilantro



1 tsp | 2 tsp



1tsp | 1tsp Chili Flakes



14 oz | 28 oz



1 1 1

Lemon



2 | 4 Whole Wheat Pitas

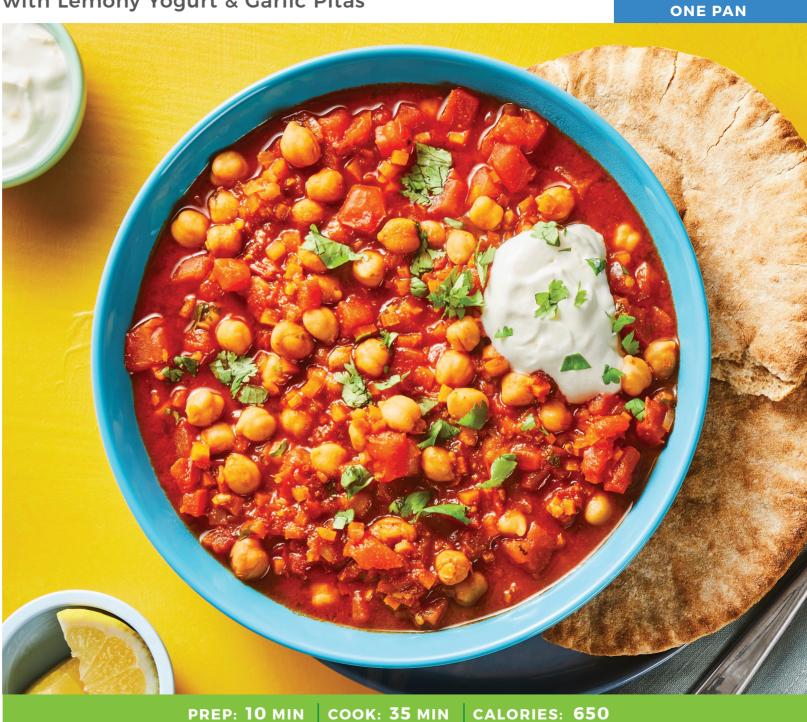
HELLO

CINNAMON PAPRIKA SPICE

A little something smoky and sweet to add depth of flavor to this hearty stew

MOROCCAN-STYLE CHICKPEA & TOMATO STEW

with Lemony Yogurt & Garlic Pitas





SO A-PEELING

To peel ginger, break out your spoon! Using the spoon's tip, apply pressure in a downward motion, carving away the skin. Unlike a vegetable peeler, a spoon allows you to get into ginger's knobby nooks.

BUST OUT

- Peeler
- Strainer
- Medium pot
- Zester
- Small bowl
- · Baking sheet
- Kosher salt
- Black pepper
- Olive oil (2 tsp | 3 tsp)
- Sugar (½ tsp | 1 tsp)

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1 PREP

- Adjust rack to middle position and preheat oven to 400 degrees. Wash and dry all produce.
- Trim, peel, and finely dice carrot. Halve, peel, and finely dice half the onion (whole onion for 4 servings). Peel and mince ginger. Drain chickpeas (no need to rinse). Roughly chop cilantro.



2 COOK VEGGIES

• Heat a drizzle of **olive oil** in a medium pot over medium-high heat. (Use a large pot for 4 servings.) Add carrot, diced onion, and a big pinch of salt. Cook. stirring occasionally, until just softened 4-6 minutes



3 COOK SPICES & CHICKPEAS

- Stir in ginger, cumin, Cinnamon Paprika Spice, half the garlic powder (vou'll use the rest later), and a pinch of chili flakes if desired. Cook, stirring, for 30 seconds.
- Stir in tomato paste and chickpeas. Cook, stirring, for 1 minute.



4 SIMMER STEW

- Add diced tomatoes, stock concentrates, 11/2 cups warm water (3 cups for 4 servings), half the cilantro, ½ tsp sugar (1 tsp for 4). pepper, and a couple big pinches of salt to pot. Bring to a boil, scraping up any browned bits from bottom of pot.
- Reduce heat to medium low and simmer until thickened, 10-12 minutes. TIP: The stew should be fairly thick if you prefer it a bit brothier, add water 1 TBSP at a time until it reaches desired consistency.



- While stew simmers, zest and quarter lemon.
- In a small bowl, combine yogurt, a squeeze of lemon juice, and a pinch of lemon zest. Season with salt.
- Place pitas on a baking sheet; brush or drizzle with olive oil. Sprinkle with remaining garlic powder and salt.
- Toast on middle rack of oven until golden, 3-5 minutes.



6 FINISH & SERVE

- Stir a squeeze of **lemon juice** and a pinch of remaining lemon zest into stew. Taste and season with salt, **pepper**, and more lemon juice and zest if desired.
- Divide stew between bowls and top with lemony yogurt and remaining cilantro. Serve garlic pitas on the side. (TIP: Tear off and dip in pieces while you eat!) Serve with any remaining lemon wedges on the side.