



MOROCCAN-STYLE CHICKPEA & TOMATO STEW

with Lemony Yogurt & Garlic Pitas

ONE PAN

INGREDIENTS

2 PERSON | 4 PERSON



3 oz | 6 oz
Carrot



1 | 1
Yellow Onion



1 Thumb | 2 Thumbs
Ginger



¼ oz | ¼ oz
Cilantro



13.4 oz | 26.8 oz
Chickpeas



1 TBSP | 2 TBSP
Smoky Cinnamon
Paprika Spice



1 tsp | 2 tsp
Cumin



1 tsp | 2 tsp
Garlic Powder



1 tsp | 1 tsp
Chili Flakes



1.5 oz | 3 oz
Tomato Paste



14 oz | 28 oz
Diced Tomatoes



3 | 6
Veggie Stock
Concentrates



1 | 1
Lemon



2 TBSP | 4 TBSP
Yogurt
Contains: Milk



2 | 4
Whole Wheat Pitas
Contains: Wheat

HELLO

CINNAMON PAPRIKA SPICE

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



PREP: 10 MIN | COOK: 35 MIN | CALORIES: 650



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** (you'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**, **1½ 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.**



5 MIX YOGURT & TOAST PITAS

- 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.