

INGREDIENTS

2 PERSON | 4 PERSON



Zucchini



2 Cloves | 4 Cloves Garlic



¼ oz | ½ oz Parsley



1 TBSP | 2 TBSP



Yellow Onion



10 oz | 20 oz Chicken Breast Strips



Tunisian Spice Blend



14 oz | 28 oz Diced Tomatoes



1 tsp | 2 tsp

Chicken Stock Concentrates



WE'D BE SIMMERING LIKE STEW OVER THERE TOO. SCAN HERE TO GET HELP!

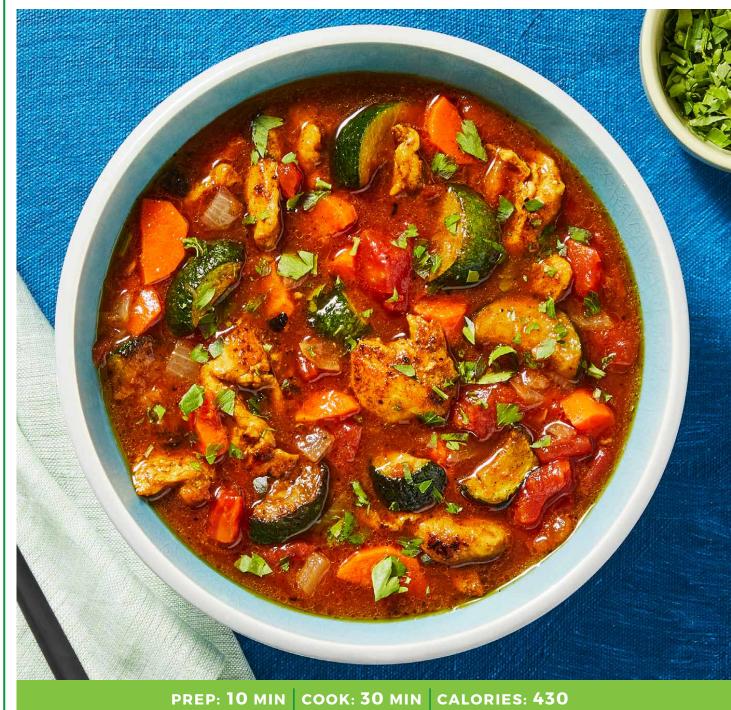
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GARDEN VEGGIES

Carrots, tomatoes, and zucchini add a variety of flavors and textures.

ONE-POT TUNISIAN-SPICED CHICKEN STEW

with Zucchini & Fresh Parsley





FOND OF FOND

When stirring the tomatoes and water into your stew in Step 3, scrape up any browned bits from the bottom of the pot. Those specks (aka fond) are full of rich flavor.

BUST OUT

- Peeler
- Medium pot
- Paper towels
- Kosher salt
- · Black pepper
- Cooking oil (1 TBSP | 1 TBSP)
- Sugar (¼ tsp | ½ tsp)

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1 PREP

- · Wash and dry produce.
- Peel, trim, and halve carrots lengthwise; thinly slice into 1/4-inch-thick half-moons. Halve, peel, and finely dice onion. Trim and halve zucchini lengthwise; cut crosswise into ½-inch-thick half-moons. Peel and mince or grate garlic. Roughly chop parsley.



3 FINISH STEW

- Stir garlic into pot with chicken and veggies. Cook, stirring, until fragrant, 30-60 seconds.
- Stir in diced tomatoes, stock concentrates, 2½ cups water (4½ cups for 4 servings), and ¼ tsp sugar (½ tsp for 4).
- Bring to a boil, then reduce heat to low, Simmer until flavors meld and stew is slightly reduced, 6-8 minutes. Taste and season with salt and pepper if desired.



- Pat chicken* dry with paper towels.
- Heat a large drizzle of oil in a medium pot (large pot for 4 servings) over medium-high heat. Add carrots, onion, a large pinch of salt, and pepper. Cook, stirring occasionally, until lightly browned, 4-6 minutes.
- Add a drizzle of oil to pot. Add chicken, zucchini, Tunisian Spice Blend, cumin, and a pinch of salt and pepper. Cook, stirring occasionally, until chicken is cooked through and veggies are tender, 4-6 minutes more.



4 SERVE

• Divide stew between bowls. Garnish with parsley and serve.