



Calorie Smart Stewed Harissa Chicken

with Peppers, Zucchini and Feta

Calorie Smart

Spicy

30 Minutes



Chicken Breasts



Harissa Spice Blend



Sweet Bell Pepper



Crushed Tomatoes with Garlic and Onion



Zucchini



Parsley



Feta Cheese, crumbled



Chicken Broth Concentrate



Mirepoix

HELLO HARISSA SPICE BLEND

This fragrant spicy chili pepper seasoning is commonly used in North African cuisine!

Start here

Before starting, wash and dry all produce.

Bust out

Measuring spoons, medium pot, large pot, paper towels

Ingredients

	2 Person	4 Person
Chicken Breasts ♦	2	4
Harissa Spice Blend 🌶️	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Zucchini	200 g	400 g
Parsley	7 g	14 g
Feta Cheese, crumbled	¼ cup	½ cup
Chicken Broth Concentrate	1	2
Mirepoix	113 g	227 g
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

♦ Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Calorie Smart (650kcal or less) is based on a per serving calculation of the recipe's kilocalorie amount.

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Poach chicken

Add **chicken**, **2 tsp salt** and **enough water** to cover (by approx. 1 inch) to a medium pot (use same for 4 ppl). Bring to a simmer over high heat. Once simmering, reduce heat to low. Cover and poach, until cooked through, 10-12 min.**



Shred chicken

When **chicken** is done, transfer to a large plate. Carefully pat dry with paper towels. Using 2 forks, shred **chicken** into bite-sized pieces.



Prep

While **chicken** poaches, core, then cut **pepper** into ½-inch pieces. Cut **zucchini** into quarters, lengthwise, then into ¼-inch thick quarter-moons. Roughly chop **parsley**.



Finish stew

Add **chicken to stew**, then season with **salt** and **pepper**. Continue cooking, for the remainder of the 8-10 min, until **veggies** are tender.



Start stew

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** then **mirepoix** and **peppers**. Cook, stirring, until slightly softened, 3-4 min. Sprinkle **Harissa Spice Blend** over top, then season with **salt**. Add **zucchini**, **crushed tomatoes**, **broth concentrate** and **1 ½ cup water** (dbl for 4 ppl). Bring to a boil, then reduce heat to medium. Cook, stirring occasionally, until **veggies** are tender, 8-10 min.



Finish and serve

Divide **stew** between bowls. Sprinkle **parsley** and **feta** over top.

Dinner Solved!