



Chickpea and Eggplant Tagine-Style Stew with Raisin-Almond Pilaf

Veggie

35 Minutes



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Chickpeas



Moroccan Spice Blend



Eggplant



Sweet Bell Pepper



Yellow Onion



Tomato Sauce Base



Garlic, cloves



Parsley



Basmati Rice



Sultana Raisins



Almonds, sliced



Vegetable Stock Powder

HELLO CHICKPEAS

Hearty and flavourful, chickpeas are packed with fibre that keeps you feeling full for longer!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Chickpeas	370 ml	740 ml
Moroccan Spice Blend	1 tbsp	2 tbsp
Eggplant	½	1
Sweet Bell Pepper	160 g	320 g
Yellow Onion	113 g	226 g
Tomato Sauce Base	2 tbsp	4 tbsp
Garlic, cloves	2	4
Parsley	7 g	14 g
Basmati Rice	¾ cup	1 ½ cups
Sultana Raisins	28 g	56 g
Almonds, sliced	28 g	56 g
Vegetable Stock Powder	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

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

Contact

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Roast veggies

- Cut **half the eggplant** into 1-inch pieces (use all for 4 ppl).
- Core, then cut **pepper** into 1-inch pieces.
- Add **peppers, eggplant** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **bottom** of the oven, stirring halfway through, until **veggies** soften slightly, 10-12 min.



Start tagine

- Heat the same pan over medium-high.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **remaining onions**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **Moroccan Spice Blend, tomato sauce base** and **remaining garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **chickpeas and their can liquid**. Scrape up **any browned bits** from the bottom of the pan, then bring to a simmer.



Cook pilaf

- Meanwhile, heat a medium pot over medium-high heat.
- While the pot heats, peel, then cut **onion** into ¼-inch pieces.
- Peel, then mince or grate **garlic**.
- When the pot is hot, add **1 tbsp oil** (dbl for 4 ppl), then **half the onions**. Cook, stirring occasionally, until softened slightly, 1-2 min.
- Add **rice** and **half the garlic**. Cook, stirring often, until fragrant, 20 sec.
- Add **half the stock powder** and **1 ¼ cups water** (dbl for 4 ppl). Bring to a boil over high.
- Once boiling, stir in **raisins**. Reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



Finish tagine

- Once simmering, add **roasted veggies, remaining stock powder** and **¾ cup water** (1 ¼ cups for 4 ppl). Bring to a boil.
- Once boiling, reduce heat to medium. Cover and cook, stirring occasionally, until **veggies and chickpeas** are tender, 10-12 min. Season with **salt** and **pepper**, to taste.



Toast almonds and prep

- Meanwhile, heat a large non-stick pan over medium-high heat.
- When hot, add **almonds** to the dry pan. Toast, stirring often, until golden, 3-4 min. (**TIP:** Keep your eye on almonds so they don't burn!)
- Transfer to a plate.
- While **almonds** toast, roughly chop **parsley**.



Finish and serve

- Add **almonds** and **half the parsley** to the pot with **pilaf**, then fluff with a fork.
- Divide **pilaf** between plates. Top with **tagine**. Sprinkle **remaining parsley** over top.

Dinner Solved!