



CRISPY CHICKPEA AND TOMATO STEW

with Grilled Pesto-Cheese Tortillas

VEGGIE



HELLO CHICKPEAS

A great source of protein, chickpeas are perfect for keeping you full longer

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 613



Chickpeas



Tomato Passata



Onion, chopped



Garlic



Vegetable Broth Concentrate



Basil Pesto



Flour Tortillas, 6"



Mozzarella Cheese, shredded



Roasted Cumin, ground



Kale, chopped

BUST OUT

- 2 Baking Sheets
- Strainer
- Garlic Press
- Sugar (1 tsp)
- Large Pot
- Salt and Pepper
- Measuring Spoons
- Olive or Canola oil
- Measuring Cups

INGREDIENTS

2-person

- Chickpeas 1 can
- Tomato Passata 1 box
- Onion, chopped 56 g
- Garlic 10 g
- Vegetable Broth Concentrate 1
- Basil Pesto 2,5 2 tbsp
- Flour Tortillas, 6" 1 4
- Mozzarella Cheese, shredded 2 ¼ cup
- Roasted Cumin, ground 1 tsp
- Kale, chopped 56 g

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG

Preheat the oven to **450°F** (to roast the chickpeas and toast the tortillas). Start prepping when the oven comes up to temperature!



1 ROAST CHICKPEAS
Wash and dry all produce.* Drain and rinse the **chickpeas**. On a baking sheet, toss the chickpeas and **cumin** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 28-30 min.



4 MAKE GRILLED CHEESE
Meanwhile, on another baking sheet, arrange the **tortillas** and spread the **pesto** on **one half** of each tortilla. Sprinkle the **cheese** over the pesto. Fold the other half of the tortilla over the filling. Bake in the centre of the oven until the cheese melts and the edges of the tortillas are crispy, 3-4 per side.



2 PREP
Meanwhile, mince or grate the **garlic**.



5 FINISH STEW
Add the **kale** to the **soup** and stir until wilted, 2-3 min. Season with **salt** and **pepper**.



3 COOK STEW
Heat a large pot over medium heat. Add a drizzle of **oil**, then the **onions**. Cook until softened, 4-5 min. Add the **garlic** and cook until fragrant, 1 min. Add the **passata**, **broth concentrate**, **2 cups water** and **1 tsp sugar**. Bring to a boil over medium-high heat, then reduce the heat to medium-low. Simmer until the stew reduces slightly, 15-16 min.



6 FINISH AND SERVE
Cut the **pesto-cheese tortillas** into wedges. Divide the **tomato soup** between bowls. Sprinkle over as many **chickpeas** as you like. Serve with the pesto-cheese tortillas.

SNACK TIME!

Save the extra chickpeas for a protein-packed snack!