



Provençal-Style Chickpea Stew

with Herbed Couscous

Veggie

35 Minutes



Chickpeas



Couscous



Zucchini



Carrot



Sweet Bell Pepper



Red Onion



Parsley and Thyme



Crushed Tomatoes



Sun-Dried Tomato Pesto



Garlic, cloves

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 425°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, colander, measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Chickpeas	398 ml	796 ml
Couscous	½ cup	1 cup
Zucchini	200 g	400 g
Carrot	170 g	340 g
Sweet Bell Pepper	160 g	320 g
Red Onion	113 g	226 g
Parsley and Thyme	14 g	21 g
Crushed Tomatoes	370 ml	796 ml
Sun-Dried Tomato Pesto	¼ cup	½ cup
Garlic, cloves	1	2
Sugar*	½ tsp	1 tsp
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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Prep

- Halve **zucchini** lengthwise, then cut into ½-inch half-moons.
- Peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons.
- Core, then cut **pepper** into ½-inch pieces.
- Peel, then cut **onion** into ½-inch pieces.
- Finely chop **parsley**.
- Reserve **half the thyme sprigs** (to use in step 3). Strip **1 tsp thyme leaves** (dbl for 4 ppl) from **remaining stems**, then finely chop.
- Peel, then mince or grate **garlic**.
- Drain and rinse **chickpeas**.



Cook couscous

- Meanwhile, heat a medium pot over medium heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **remaining garlic**. Cook, stirring often, until fragrant, 1 min.
- Add **¾ cup water** (dbl for 4 ppl). Cover and bring to a boil over high.
- Once boiling, remove the pot from heat, then add **couscous**. Stir to combine.
- Cover and let stand for 5 min.
- When **couscous** is tender, fluff with a fork, then stir in **½ tbsp oil** (dbl for 4 ppl) and **half the parsley**. Season with **salt and pepper**, to taste.



Start stew

- Heat a large pot over medium heat.
- When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions and carrots**. (**TIP:** Use olive oil if preferred.) Cook, stirring occasionally, until **onions and carrots** start to soften, 4-5 min.
- Add **chopped thyme** and **half the garlic**. Cook, stirring often, until fragrant, 1 min.
- Add **chickpeas, crushed tomatoes, ¼ tsp salt, ½ tsp sugar** and **½ cup water** (dbl all for 4 ppl). Season with **pepper**. Bring to a simmer.
- Simmer, stirring occasionally, until **stew** thickens slightly, 5-7 min.
- Remove from heat, then cover to keep warm.



Finish stew

- Remove **thyme sprigs** from **roasted veggies** and discard.
- Stir **sun-dried tomato pesto** and **roasted veggies** into **stew**. Season with **salt and pepper**, to taste, then stir to combine.



Roast veggies

- Meanwhile, add **zucchini, peppers, reserved thyme sprigs** and **1 tbsp oil** to an unlined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt and pepper**, then toss to combine.
- Roast in the **middle** of the oven, tossing halfway through, until **veggies** are tender-crisp, 10-12 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



Finish and serve

- Divide **couscous** between bowls, then top with **chickpea stew**.
- Sprinkle **remaining parsley** over top.

Dinner Solved!