



ONE-POT TUNISIAN-SPICED CHICKEN STEW

with Zucchini & Fresh Parsley

INGREDIENTS

2 PERSON | 4 PERSON



1 | 2
Zucchini



6 oz | 12 oz
Carrots



1 | 2
Yellow Onion



2 Cloves | 4 Cloves
Garlic



¼ oz | ½ oz
Parsley



10 oz | 20 oz
Chicken Breast Strips



1 tsp | 2 tsp
Cumin



1 TBSP | 2 TBSP
Tunisian Spice Blend



14 oz | 28 oz
Diced Tomatoes



2 | 4
Chicken Stock Concentrates



ANY ISSUES WITH YOUR ORDER?
WE'D BE SIMMERING LIKE STEW OVER
THERE TOO. SCAN HERE TO GET HELP!

HELLO

GARDEN VEGGIES

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

PREP: 10 MIN | COOK: 30 MIN | CALORIES: 430



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

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1 PREP

- Wash and dry produce.
- Peel, trim, and halve **carrots** lengthwise; thinly slice into ¼-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.



2 START STEW

- 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.

*Chicken is fully cooked when internal temperature reaches 165°.