



TUNISIAN FREEKEH STEW

with Roasted Chickpeas and Greek Yogurt



HELLO
TUNISIAN SPICE BLEND
 Nine different spices add an enchanting perfume

PREP: 10 MIN | TOTAL: 45 MIN | CALORIES: 757



Carrot



Celery



Yellow Onion



Crushed Tomatoes



Freekeh
 (Contains: Wheat)



Whole Wheat Pita
 (Contains: Wheat, Soy)



Garlic



Chickpeas



Tunisian
 Spice Blend



Veggie Stock
 Concentrates



Greek Yogurt
 (Contains: Milk)

START STRONG

Sweating and browning the veggies before simmering them in the stew is essential to developing their flavors and mellowing their raw bite, so don't skimp on this step!

BUST OUT

- Peeler
- Strainer
- Large pot
- Baking sheet
- Olive oil (2 TBSP | 4 TBSP)

INGREDIENTS

Ingredient 2-person | 4-person

- Carrot 1 | 2
- Yellow Onion 1 | 2
- Celery 1 Stalk | 2 Stalks
- Garlic 2 Cloves | 4 Cloves
- Chickpeas 1 Box | 2 Boxes
- Tunisian Spice Blend 1 TBSP | 2 TBSP
- Crushed Tomatoes ¼ Cup | ½ Cup
- Veggie Stock Concentrates 2 | 4
- Freekeh ½ Cup | 1 Cup
- Whole Wheat Pita 1 | 2
- Greek Yogurt ¼ Cup | ½ Cup

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1 PREHEAT AND PREP

Wash and dry all produce. Preheat oven to 400 degrees. Peel and finely dice **carrot**. Halve, peel, and finely dice **onion**. Finely dice **celery**. Mince or grate **garlic**. Drain and rinse **chickpeas**.



4 SIMMER STEW

Stir **stock concentrates, freekeh,** and **4 cups water** into pot. Bring to a gentle simmer and cook until freekeh is tender, 20-25 minutes. Season with **salt** and **pepper**.



2 COOK VEGGIES

Heat **1 TBSP olive oil** in a large pot over medium heat. Add **onion, carrot,** and **celery**. Cook until softened and beginning to brown, 7-8 minutes. Season with **salt** and **pepper**. Add **garlic** and **2 tsp Tunisian spice blend** (we'll be using the last tsp later). Toss until fragrant, 1-2 minutes more.



5 BAKE CHICKPEAS

While stew simmers, toss **chickpeas** with remaining **Tunisian spice blend, 1 TBSP olive oil,** and a pinch of **salt** and **pepper** on a baking sheet. Bake in oven until lightly browned and crispy, 15-20 minutes. **TIP:** Chickpeas may pop in oven—it's natural.



3 COOK TOMATOES

Add **¼ cup crushed tomatoes** (we sent more) to pot and cook until slightly reduced, 1-2 minutes. Season with **salt** and **pepper**.



6 PLATE AND SERVE

With 5 minutes to go on **chickpeas,** slice **pita** into quarters. Add to baking sheet and bake until toasty, 2-3 minutes. Divide stew between bowls when ready. Top each bowl with **chickpeas,** a dollop of **yogurt** (we sent more), and a drizzle of **olive oil** (if desired). Serve with pita for dipping.

VEG OUT!

Veggie soup gets a new twist with Tunisian spices.