

Homestyle Chickpea & Roast Veggie Stew

with Garlic Bread & Parmesan

Grab your meal kit with this number

19



Eggplant



Carrot



Sliced Leek



Garlic



Chickpeas



Nan's Special Seasoning



Tomato Paste



Vegetable Stock Powder



Sliced Sourdough



Baby Spinach Leaves



Grated Parmesan Cheese



Parsley



Chicken Breast



Chicken Thigh

Prep in: 15-25 mins
Ready in: 30-40 mins

Calorie Smart

If you're planning to stay in with a cosy home-cooked dinner, then this stew fits the criteria. Tomato and chickpeas come together in a snap to create the base for the roast veggies to soak in. Dig in and enjoy the comfort of an easy to make and tasty dinner.

Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
eggplant	½	1
carrot	1	2
sliced leek	1 medium packet	1 large packet
garlic	2 cloves	4 cloves
chickpeas	½ tin	1 tin
Nan's special seasoning	1 medium sachet	1 large sachet
tomato paste	1 packet	2 packets
vegetable stock powder	1 medium sachet	1 large sachet
brown sugar*	1 tsp	2 tsp
water*	1½ cups	3 cups
butter*	40g	80g
sliced sourdough	2	4
baby spinach leaves	1 small packet	1 medium packet
grated Parmesan cheese	1 medium packet	1 large packet
parsley	1 packet	1 packet

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2820kJ (675Cal)	392kJ (94Cal)
Protein (g)	24.5g	3.4g
Fat, total (g)	30.4g	4.2g
- saturated (g)	15.8g	2.2g
Carbohydrate (g)	67.5g	9.4g
- sugars (g)	15.6g	2.2g
Sodium (mg)	1450mg	201mg
Dietary Fibre (g)	18.5g	2.6g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns

2026 | CW01



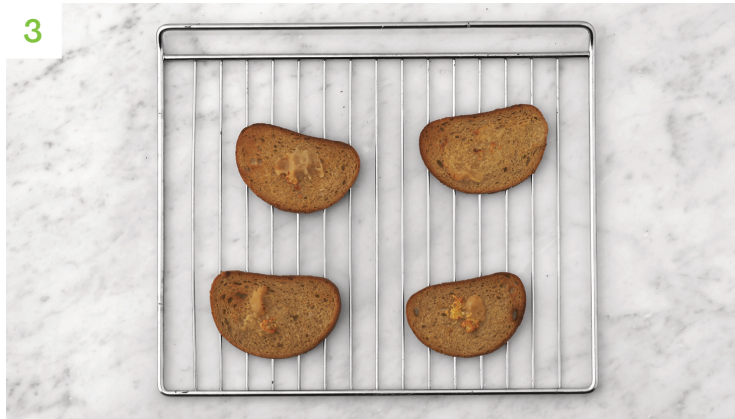
1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **eggplant (see ingredients)** and **carrot** into bite-sized chunks.
- Place **eggplant, carrot** and **sliced leek** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and toss to coat.
- Spread out evenly. Roast until tender, **20-25 minutes**.

3



Bake the garlic bread

- Meanwhile, in a small microwave-safe bowl, place the remaining **butter** and remaining **garlic**. Microwave in **10 second** bursts or until melted. Season with **salt**.
- Brush **garlic butter** over the cut sides of **sliced sourdough**.
- Place **sourdough** directly on a wire oven rack and bake until heated through, **5 minutes**.

CUSTOM OPTIONS



CHICKEN BREAST:

Cut into 2cm chunks. Cook with chickpeas until cooked through, 5-6 minutes.



CHICKEN THIGH:

Cut into 2cm chunks. Cook with chickpeas until cooked through, 5-6 minutes.

2



Make the stew

- Meanwhile, finely chop **garlic**.
- Drain and rinse **chickpeas (see ingredients)**.
- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat. Cook **Nan's special seasoning, chickpeas** and half the **garlic** until fragrant, **1-2 minutes**.
- Add **tomato paste, vegetable stock powder**, the **brown sugar, water** and half the **butter**, then bring to the boil. Reduce heat to medium and simmer for **4-5 minutes**.

4



Finish & serve

- Remove saucepan from heat, then add roasted veggies and **baby spinach leaves**, stirring until wilted. Season to taste.
- Divide homestyle chickpea and roast veggie stew between bowls.
- Sprinkle over **grated Parmesan cheese** and tear over **parsley**.
- Serve with garlic bread. Enjoy!

SCAN CODE FOR FULL STEPS AND NUTRITION INFO

