



**NUTRITION** *per serving* 90g carbohydrates 22g fat 22g protein 1459mg sodium | vegetarian



Calories  
**625**



Prep & Cook Time  
**35-45 min.**



Cook Within  
**7 days**



Difficulty  
**Easy**



Spice Level  
**Medium**

#### IN YOUR BOX

2 Garlic Cloves  
1 Celery Stalk  
6 oz. Carrot  
15 ½ oz. Canned Chickpeas  
¼ oz. Cilantro  
1 Tbsp. Berbere Seasoning  
15 oz. Crushed Tomatoes  
1 fl. oz. Mild Harissa Sauce  
1 Naan Flatbread  
2 oz. Sour Cream

**CONTAINS:** milk, eggs, wheat, soy  
*Processed in a facility that also processes  
peanut, tree nut, wheat, egg, soy, milk,  
fish, and shellfish ingredients*

#### IN YOUR KITCHEN

Olive Oil  
Pepper  
Medium Pot

[www.homechef.com/4106](http://www.homechef.com/4106)



## Moroccan Chickpea Stew

with roasted garlic naan

## BEFORE YOU COOK

- ☐ Take a minute to read through the recipe before you start—we promise it will be time well spent!
- ☐ Preheat oven to **450 degrees**
- ☐ Thoroughly rinse produce and pat dry

## FROM THE CHEF

If you have time, simmering the stew for 20-25 minutes will deepen the flavors.

### Did you know...

*Harissa sauce is a North African mixture of roasted peppers, garlic, and spices.*



1

## Roast the Garlic

Halve **garlic**. Place garlic halves on a small piece of foil and toss with  $\frac{1}{2}$  tsp. **olive oil**. Form a foil pouch around garlic. Place directly on oven rack, opening side up, and roast until garlic is lightly browned and tender, 12-15 minutes. Let pouch cool 2-3 minutes before opening. While garlic roasts, prepare ingredients.



2

## Prepare the Ingredients

Trim ends off **celery** and cut into  $\frac{1}{4}$ " dice. Peel, trim, and cut **carrot** into  $\frac{1}{4}$ " dice. Drain and rinse **chickpeas**. Stem and mince **cilantro**.



3

## Start the Stew

Place a medium pot over medium heat and add 2 tsp. **olive oil**. Add **celery**, **carrot**, and **chickpeas** to hot pot and stir occasionally until slightly softened, 2-3 minutes. Add **berbere seasoning** and stir constantly, 30-60 seconds.



4

## Finish the Stew

Stir in **tomatoes**, 1 cup **water**, and **harissa** to pot with chickpeas and bring to a simmer. Let simmer 15-20 minutes, stirring occasionally. Season with a pinch of **pepper**. While stew simmers, toast naan.



5

## Toast the Naan

Carefully open pouch and mash **garlic** into a paste. Drizzle **flatbread** with 1 tsp. **olive oil** and spread mashed garlic on. Season with a pinch of **pepper**. Place flatbread directly on oven rack and bake until browned, 4-5 minutes.



6

## Finish the Dish

Place **stew** in a bowl and garnish with **sour cream** and **cilantro**. Quarter **flatbread** and serve on the side.