



# Chickpea and Spinach Ribollita with Cheesy Garlic Ciabatta Fingers

Classic 25-30 Minutes • 5 of your 5 a day

4



Carrot



Garlic Clove



Red Onion



Sliced Mushrooms



Finely Chopped Tomatoes



Chickpeas



Vegetable Stock Paste



Italian Style Herbs



Grated Hard Italian Style Cheese



Ciabatta



Baby Spinach



Fresh Pesto

#### Pantry Items

Oil, Salt, Pepper, Sugar, Olive Oil

## Before you start

Our fruit and veg need a little wash before you use them!  
Wash your hands before and after prep.

## Cooking tools

Garlic press, saucepan, bowl and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	2	3	4
Red Onion**	1	1	1
Sliced Mushrooms**	80g	120g	160g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Chickpeas	1 carton	1½ cartons	2 cartons
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g
Ciabatta <b>13)</b>	2	3	4
Baby Spinach**	100g	150g	200g
Fresh Pesto** <b>7)</b>	32g	50g	64g

Pantry	2P	3P	4P
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Water for the Sauce*	100ml	150ml	200ml
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	2744 /656	383/92
Fat (g)	24.2	3.4
Sat. Fat (g)	6.7	0.9
Carbohydrate (g)	78.8	11.0
Sugars (g)	21.2	3.0
Protein (g)	28.5	4.0
Salt (g)	4.30	0.60

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **8)** Egg **10)** Celery **13)** Cereals containing gluten

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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## Get Prepping

Trim the **carrot** (no need to peel), then quarter lengthways. Chop widthways into small pieces.

Peel and grate the **garlic** (or use a garlic press).

Halve, peel and chop the **red onion** into small pieces.



## Ciabatta Time

While the **stew** simmers, in a small bowl, mix together the **olive oil for the garlic bread** (see pantry for amount), remaining **garlic** and **half the cheese**.

Halve the **ciabatta** and lay them onto a baking tray, cut-side up. Spread the **cheesy mixture** on top.

When about 5 mins of simmer time remain, grill the **ciabatta** until the **cheese** is golden, 5-6 mins.



## Fry the Veg

Heat a drizzle of **oil** in a large saucepan on medium-high heat.

Once the **oil** is hot, add the **onion, carrot** and **sliced mushrooms**. Cook, stirring frequently, until softened, 4-5 mins.

Add **half** the **garlic** and stir-fry until fragrant, 1 min. Meanwhile, preheat your grill to high.



## Finish Up

Once thickened, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 1-2 mins.

Stir through the **fresh pesto**, then remove from the heat.

Taste and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little thick.



## Simmer your Ribollita

Once the **veg** has softened, add the **chopped tomatoes, chickpeas** (including the **water** from the carton), **veg stock paste, Italian style herbs, sugar** and **water for the sauce** (see pantry for both amounts).

Bring to the boil, then lower the heat and simmer until slightly thickened, 10-12 mins, stirring occasionally.



## Slice and Serve

When ready, cut each **cheesy ciabatta** into 4 fingers.

Share the **ribollita stew** between your bowls and sprinkle over the remaining **cheese**.

Serve with the **ciabatta fingers** alongside for dipping.

Enjoy!