



Chickpea and Spinach Ribollita Stew

with Cheesy Garlic Ciabatta Fingers

Classic 25-30 Minutes • 3 of your 5 a day • Veggie

20



Carrot



Garlic Clove



Sliced
Mushrooms



Finely Chopped
Tomatoes with
Onion and Garlic



Chickpeas



Vegetable Stock
Paste



Italian Style
Herbs



Grated Hard Italian
Style Cheese



Ciabatta



Baby Spinach



Fresh Pesto

Pantry Items
Sugar, Olive Oil

Before you start

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

Cooking tools

Garlic press, saucepan, measuring jug, bowl and baking tray.

Ingredients

	2P	3P	4P
Carrot**	1	2	2
Garlic Clove**	2	3	4
Sliced Mushrooms**	80g	120g	160g
Finely Chopped Tomatoes with Onion and Garlic	1 carton	1½ cartons	2 cartons
Chickpeas	1 carton	1½ cartons	2 cartons
Water for the Sauce*	100ml	150ml	200ml
Sugar for the Sauce*	1 tsp	1½ tsp	2 tsp
Vegetable Stock Paste 10)	8g	15g	20g
Italian Style Herbs	1 sachet	1 sachet	2 sachets
Olive Oil for the Garlic Bread*	1 tbsp	1½ tbsp	2 tbsp
Grated Hard Italian Style Cheese** 7) 8)	40g	80g	80g
Ciabatta 13)	2	3	4
Baby Spinach**	100g	100g	200g
Fresh Pesto** 7)	32g	50g	64g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	630g	100g
Energy (kJ/kcal)	2525/604	401/96
Fat (g)	23	4
Sat. Fat (g)	7	1
Carbohydrate (g)	69	11
Sugars (g)	17	3
Protein (g)	26	4
Salt (g)	4.69	0.74

Nutrition for uncooked ingredients based on 2 person recipe.

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.

Contact

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Get Prepping

Trim the **carrot** then quarter lengthways (no need to peel). Chop widthways into small pieces. Peel and grate the **garlic** (or use a garlic press).



Fry the Veg

Heat a drizzle of **oil** in a large saucepan on medium-high heat. When hot, add the **carrot** and **sliced mushrooms**. Cook, stirring frequently, until softened, 3-4 mins. Add **half** the **garlic** and stir-fry until fragrant, 1 min. Meanwhile, preheat your grill to high.



Add the Flavour

Once the **veggies** have softened, add the **chopped tomatoes**, **chickpeas** (including the **water** from the carton), **water** and **sugar for the sauce** (see ingredients for both amounts), **vegetable stock paste** and the **Italian style herbs**. Bring to the boil, then turn the heat down and simmer until slightly thickened, 10-12 mins, stirring occasionally.



Make the Cheesy Bread

While the **stew** simmers, mix together the **olive oil** for the **garlic bread** (see ingredients for amount), remaining **garlic** and **half** the **cheese** in a small bowl. Cut the **ciabatta** in half and lay them onto a baking tray, cut-side up. Spread the **cheesy mixture** on top. When about 5 mins of cooking time remain, grill until the **cheese** is golden, 5-6 mins.



Finish Up

While the **ciabattas** grill, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 1-2 mins. Stir through the **pesto**, then remove from the heat. Taste and add **salt** and **pepper** if needed. **TIP:** Add a splash of water if it's a little thick.



Serve

Cut each **cheesy ciabatta** into 4 fingers. Spoon the **chickpea and spinach ribollita** into your bowls and sprinkle over the remaining **cheese**. Serve with the **ciabatta fingers** alongside for dipping.

Enjoy!