



# Chickpea Ribollita Stew with Herby Cheesy Ciabatta Fingers

Classic 25-35 Minutes • 3 of your 5 a day • Veggie

21



Carrot



Onion



Garlic



Sliced Mushrooms



Finely Chopped  
Tomatoes with  
Onion and Garlic



Chickpeas



Vegetable Stock  
Paste



Soy Sauce



Italian Herbs



Ciabatta



Grated Hard Italian  
Style Cheese



Baby Spinach

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Garlic Press, Saucepan, Baking Tray.

## Ingredients

	2P	3P	4P
Carrot**	1	2	2
Onion**	1	1	2
Garlic**	1	2	2
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*	100ml	150ml	200ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Soy Sauce <b>11) 13)</b>	1 sachet	1 sachet	2 sachets
Italian Herbs	1 sachet	1 sachet	2 sachets
Ciabatta <b>11) 13)</b>	2	3	4
Grated Hard Italian Style Cheese** <b>7) 8)</b>	40g	65g	80g
Baby Spinach**	100g	150g	200g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>681g</b>	<b>100g</b>
Energy (kJ/kcal)	2184 / 522	321 / 77
Fat (g)	13	2
Sat. Fat (g)	5	1
Carbohydrate (g)	71	11
Sugars (g)	18	3
Protein (g)	27	4
Salt (g)	6.63	0.97

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

7) Milk 8) Egg 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

Packed in the UK

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 You can recycle me!



## 1 Prep

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



## 2 Fry Time

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



## 3 Add the Flavour

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



## 4 Cheesy Garlic Bread

When 5 mins of cooking time remain, turn your grill on to high. Cut the **ciabattas** in half. Pop them, cut-side up, onto a baking tray and drizzle with **oil**. Sprinkle on **half** of the **hard Italian style cheese** and the remaining **Italian herbs**. Grill on the top shelf until golden and crisp, 3-5 mins. Once grilled, chop each **ciabatta** into 4 fingers.



## 5 Finish

While the **ciabattas** grill, stir the **spinach** into the **stew** a handful at a time until wilted and piping hot, 1-2 mins. Season to taste with **salt** and **pepper**. Add a splash of **water** if it's a little thick.



## 6 Serve

Share the **chickpea ribollita** between your bowls. Sprinkle over the remaining **cheese**. Share the **cheesy ciabatta fingers** alongside.

## Enjoy!

*There may be changes to ingredients in recipes:*

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.