



Pork and Chickpea Stew

with Garlic Ciabatta

Rapid 20 Minutes • Medium Spice • 1 of your 5 a day

N° 13



Pork Mince



Red Onion



Carrot



Garlic Clove



Chickpeas



Tomato Puree



Harissa Paste



Chicken Stock Paste



Ciabatta



Baby Spinach



Super Dukkah Mix

Before you start

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

Cooking tools, you will need:

Saucepan, Wooden Spoon, Garlic Press, Measuring Jug, Bowl.

Ingredients

| | 2P | 3P | 4P |
|---|----------|-----------|-----------|
| Pork Mince** | 240g | 360g | 480g |
| Red Onion** | 1 | 1 | 2 |
| Carrot** | 1 | 1 | 2 |
| Garlic Clove | 2 | 3 | 4 |
| Chickpeas | 1 carton | 1 carton | 2 cartons |
| Tomato Puree | 1 sachet | 1 sachet | 2 sachets |
| Harissa Paste | 1 sachet | 2 sachets | 2 sachets |
| Water for Lamb* | 200ml | 300ml | 400ml |
| Chicken Stock Paste | 10g | 15g | 20g |
| Ciabatta 11 13) | 1 | 2 | 2 |
| Olive Oil* | 1 tbsp | 2 tbsp | 2 tbsp |
| Baby Spinach** | 100g | 150g | 200g |
| Super Dukkah Mix 1 2 3 10) | 1 pot | 2 pots | 2 pots |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|-----------|
| for uncooked ingredient | 502g | 100g |
| Energy (kJ/kcal) | 2977 / 711 | 594 / 142 |
| Fat (g) | 38 | 8 |
| Sat. Fat (g) | 8 | 2 |
| Carbohydrate (g) | 51 | 10 |
| Sugars (g) | 15 | 3 |
| Protein (g) | 38 | 8 |
| Salt (g) | 3.37 | 0.47 |

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **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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Packed in the UK

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Fry the Pork

- Preheat your grill to high.
 - Pop a large saucepan onto medium-high heat (no oil).
 - When the pan is hot, add the **pork mince**, season with **salt** and **pepper** and fry until browned, 4-5 mins. Break up with a spoon as it cooks.
 - Once cooked, drain off any excess fat.
- IMPORTANT:** *The mince is cooked when it is no longer pink in the middle.*



Ciabatta Time

- Meanwhile, slice the **ciabatta** in half. And pop on a baking tray.
- Drizzle the **olive oil** (see ingredients for amount) into a small bowl and stir in the remaining **garlic**, season with **salt**, and spread onto the cut-side of the **ciabatta**.
- Grill on the top shelf of your oven until the edges are golden, 2-3 mins.



Add the Veg

- Meanwhile, halve, peel and thinly slice the **red onion**. Trim and coarsely grate the **carrot** (no need to peel), peel and grate the **garlic** (or use a garlic press).
- Once the **mince** is browned, stir in the **onion** and **carrot**. Fry, stirring often until softened, 3-4 mins.
- Meanwhile drain and rinse the **chickpeas**.
- Once the **vegetables** are soft, stir in the **tomato puree**, **harissa paste** and **half** the **garlic**. Lower the heat and cook gently until fragrant, 1 minute.



Add the Spinach

- Once the **stew** has simmered, add the **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Simmer

- Add the **water** (see ingredients for amount) and **chicken stock paste** to the **pork mixture**.
- Stir in the **chickpeas**.
- Simmer until the **mixture** has thickened, stirring occasionally, 8-10 mins.



Serve

- Taste and season the **stew** with **salt** and **pepper** if necessary. Add a splash of **water** if it's a little dry.
- Share between your bowls.
- Finish with a drizzle of **olive oil** and a sprinkle of **dukkah**.
- Cut the **ciabatta** slices into **triangles** and serve 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.