



Persian Herb & Chickpea Stew with Rice

Prep Time: 30 min

Cook Time: 20 min

Serves: 6

NUTRITION FACTS, PER SERVING:

610 Calories

20 g fat

750 mg sodium



INGREDIENTS: **** Items not included in kit**

- 1.5 cups basmati rice
- 1 TB olive oil**
- 1/4 cup olive oil**
- 1 cup yellow onion, diced
- 2 (14 oz) cans chickpeas, drained
- Salt & black pepper, to taste**
- 3 garlic cloves, minced
- 1 tsp ground turmeric
- 1/2 tsp crushed red pepper flakes
- 1 lemon, juiced and zested
- 1 (32 oz) box low sodium vegetable broth
- 4 oz. fresh baby spinach
- 1/2 cup cilantro, chopped
- 1/2 cup parsley, chopped
- 1/4 cup dill, chopped
- 4 Naan flatbread—To heat the Naan, preheat the oven to 400 degrees and place Naan on a baking sheet in the middle of oven and warm for 3 minutes.

DIRECTIONS:

1. **Basmati Rice:** Rinse the basmati rice in cold water to remove excess starch. Combine rice with **2 1/4 cups water, 1 TB olive oil** and a **pinch of salt** in a medium pot. Stir once and bring to a boil over high heat. Cover, reduce heat to low and simmer for 10 minutes. Remove pan from heat and leave covered for 5 minutes. Remove lid and fluff with fork before serving.
2. Heat **1/4 cup olive oil** in a large pan over medium heat. Add the **diced onions** and cook until soft, about 5-8 minutes. Add the **2 drained cans of chickpeas**, season with **salt & pepper to taste**. Cook stirring occasionally until the chickpeas begin to crisp, about 5-8 minutes. Add the **3 minced garlic cloves, turmeric, 1/4 to 1/2 tsp crushed red pepper flakes (based on desired spice preference), and lemon zest**, stir to combine, about 2 minutes. Remove pan from stovetop, reserving 1 cup of chickpeas for garnish.
3. Place the remaining pan roasted chickpeas in a large stock pot. Add **3 cups vegetable broth**, the **juice of 1/2 lemon** and bring the mixture to a boil, then reduce heat to low. Stir in the **baby spinach, 1/2 cup chopped cilantro, 1/2 cup chopped parsley, 1/4 cup chopped dill**, and simmer for 10 minutes until the spinach is wilted. Add **salt and black pepper**, to taste, as needed. Add as much of the remaining **1 cup vegetable broth** to reach desired soup consistency.
4. To serve, divide the **cooked basmati rice** among bowls and ladle **stew** over. Top with **reserved chickpeas**. Enjoy with warmed **Naan flatbread**.

Food provided in this meal kit may have come in contact with, or may contain peanuts, tree nuts, soy, milk, eggs, wheat, fish, or shellfish.

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