



## Chickpea, Escarole & Orzo Stew

with Parmesan & Rosemary-Chili Oil



20-30min



2 Servings

This quick stew is the perfect comfort meal for a cool night. The key ingredient is escarole, a type of chicory that looks like lettuce, but it's much heartier and has a pleasantly bitter flavor. It simmers in an herbaceous tomato broth along with chickpeas and little bits of orzo pasta. Serve it with a sprinkle of Parm, a drizzle of garlic-rosemary oil, and your biggest spoon.

## What we send

- 1 yellow onion
- garlic
- 1 head escarole
- 1 carrot
- ¼ oz fresh rosemary
- 6 oz tomato paste
- 15 oz can chickpeas
- 3 oz orzo <sup>1</sup>
- 1 pkt crushed red pepper
- ¾ oz Parmesan <sup>7</sup>

## What you need

- olive oil
- kosher salt & ground pepper

## Tools

- medium pot
- small skillet
- box grater

## Allergens

Wheat (1), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 640kcal, Fat 37g, Carbs 86g, Protein 24g



### 1. Prep ingredients

Coarsely chop **onion** and **1 teaspoon garlic**; thinly slice a 2nd garlic clove. Halve **escarole** lengthwise and rinse well under running water to remove any grit, then cut crosswise into ½-inch thick ribbons. Scrub **carrot**; halve lengthwise and thinly slice into half-moons. Pick and coarsely chop **1 tablespoon rosemary leaves**. Reserve remaining rosemary sprigs for step 4.



### 4. Simmer stew

Add **orzo, chickpeas and their liquid, whole rosemary sprigs, 3 cups water, and 1 teaspoon salt**. Cover and bring to a boil. Reduce heat to medium and simmer, partially covered, stirring often to prevent orzo from sticking, until orzo is just al dente, 7-10 minutes. Remove and discard rosemary sprigs. Season to taste with **salt and pepper**.



### 2. Start stew

Heat **2 tablespoons oil** in a medium pot over medium-high. Add **carrots, onions, and a pinch each of salt and pepper**. Cook, stirring, until slightly softened and golden brown. 5-7 minutes. Add **2 tablespoons of the tomato paste** and cook, stirring, until slightly caramelized, about 3 minutes.



### 5. Make rosemary-chili oil

While **soup** simmers, in a small skillet, combine **sliced garlic, chopped rosemary, ¼ cup oil, and ¼ teaspoon of the crushed red pepper**. Cook over medium heat, stirring, until sizzling and garlic is just beginning to brown, about 3 minutes. Transfer to a heatproof bowl.



### 3. Add escarole

To the pot with **carrots and onions**, add **escarole, chopped garlic, and a pinch of salt** and cook, stirring, until escarole is wilted, about 3 minutes.



### 6. Finish & serve

Coarsely grate **Parmesan**, if necessary. Stir half of the Parmesan into the stew. Season to taste with **salt and pepper**. Serve **chickpea, escarole and orzo stew** topped with **remaining Parmesan and a drizzle of the rosemary-chili oil**. Enjoy!