MARLEY SPOON

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
- 3 oz carrots
- ¼ oz fresh rosemary
- 6 oz tomato paste
- 15 oz can chickpeas
- 3 oz orzo [2]
- 1 pkt crushed red pepper
- ¾ oz Parmesan [1]

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot
- small skillet
- box grater

Allergens

Milk (1), Wheat (2). 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.

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.

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.

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**.

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.

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!