

DINNERLY



Mediterranean Chickpea Stew with Spinach & Feta



40min



2 Servings

If you want a stew that feels like you're being hugged under a cozy blanket next to a roaring fireplace, you've come to the right place. Chickpeas, tomatoes, onions, spinach, and feta all flavored with deeply savory ras el hanout—what more do you need? Just your appetite. We've got you covered!

WHAT WE SEND

- 14.5 oz can whole peeled tomatoes
- 1 medium red onion
- ¼ oz ras el hanout
- 15 oz can chickpeas
- 3 oz baby spinach
- 1.4 oz feta cheese ⁷

WHAT YOU NEED

- garlic
- olive oil
- sugar
- kosher salt & ground pepper

TOOLS

- medium Dutch oven or pot with lid

ALLERGENS

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

NUTRITION PER SERVING

Calories 430kcal, Fat 26g, Carbs 71g, Proteins 25g



1. Prep ingredients

Using kitchen shears, coarsely chop **tomatoes** directly in can (or use back of a spoon to crush).

Halve and thinly slice **onion**. Finely chop **2 tablespoons of the sliced onions**; set aside for serving.

Finely chop **2 teaspoons garlic**.



2. Cook aromatics

Heat **2 tablespoons oil** in a medium Dutch oven or pot over medium-high. Add **sliced onions** and cook, stirring occasionally, until softened and deeply browned in spots, 8–10 minutes. Add **1 teaspoon ras al hanout** and **chopped garlic**; cook, stirring occasionally, until fragrant, about 1 minute.



3. Cook stew

To same pot, add **tomatoes, chickpeas and their liquid**, **½ cup water**, and **1 teaspoon each of sugar and salt**. Bring to a boil over high heat, then reduce heat to a simmer; cook, partially covered, stirring occasionally, until flavors meld together, 20–25 minutes.



4. Add spinach & serve

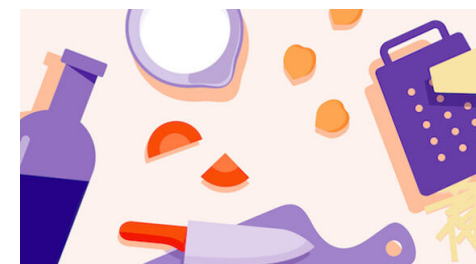
Remove **stew** from heat and stir in **spinach** until wilted. Season to taste with **salt** and **pepper**.

Serve **Mediterranean chickpea stew** with **crumbled feta** and **chopped onions** sprinkled over top. Drizzle with oil and finish with **a few grinds of pepper**. Enjoy!



5. ...

What were you expecting, more steps?



6. ...

You're not gonna find them here! Kick back, relax, and enjoy your Dinnerly!