



Plant-Based Chicken, Escarole, & Orzo Stew

with Chickpeas, 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 plant-based chicken, 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
- 8 oz pkg plant-based chicken ⁶
- 3 oz orzo ¹
- 1 pkt crushed red pepper
- ¾ oz Parmesan ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- medium pot
- small skillet
- box grater

Allergens

Wheat (1), Soy (6), Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 790kcal, Fat 40g, Carbs 94g, Protein 47g



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, plant-based chicken, 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 **plant-based chicken, chickpea, escarole, and orzo stew** topped with **remaining Parmesan** and **a drizzle of the rosemary-chili oil**. Enjoy!