



Lemony Spinach Chickpea Stew

with Brown Rice and Parmesan



30-40min



2 Servings

There are so many great flavors that bring this vegetarian stew to life. The shiitake mushrooms add a rich depth of flavor and the fresh rosemary and lemon brighten it up. Chickpeas and brown rice add heft and a sprinkle of Parmesan tops it all off. Cook, relax and enjoy!

What we send

- fresh rosemary
- packet vegetable broth
- shiitake mushrooms
- lemon
- can chickpeas
- medium yellow onion
- brown basmati rice
- large cloves garlic
- baby spinach

What you need

- coarse salt
- freshly ground black pepper
- olive oil

Tools

- large saucepan
- small saucepan

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 570kcal, Fat 12g, Carbs 78g, Protein 28g



1. Cook rice

Bring a medium pot of water to a boil. Add brown rice and ½ teaspoon salt and cook at a low boil until almost tender, about 25 minutes; drain.



2. Prep vegetables

Meanwhile, halve, peel, and finely chop onion. Peel and finely chop garlic. Remove stems from shiitake mushrooms and thinly slice caps. Pick rosemary leaves from stems and finely chop (1 teaspoon).



3. Cook vegetables

Heat 1 tablespoon oil in a large saucepan over medium. Add onion and cook, stirring frequently, until tender, about 2 minutes. Add garlic and mushrooms, season with salt, and cook, stirring occasionally, until mushrooms are tender, about 2 minutes.



4. Add liquids

Stir vegetable broth concentrate into 2 cups water then add to the saucepan along with 1 teaspoon chopped rosemary. Stir to combine and bring to a boil.



5. Add rice and chickpeas

Rinse and drain chickpeas. Stir in chickpeas and cooked brown rice and return to a boil. Reduce to a simmer and cook until brown rice is tender and flavors meld, about 5 minutes more. Meanwhile, grate Parmesan.



6. Add spinach

Rinse spinach, leaving water clinging to its leaves. Add to saucepan and cook, stirring, until wilted, about 1 minute; season with salt and pepper. Halve lemon and squeeze 1 tablespoon into stew. Cut remaining lemon half into wedges. Serve stew with Parmesan sprinkled over and lemon wedges on the side. Enjoy!