



## Green Vegetable Stew with

Chickpeas, Lime and Sesame Yoghurt



20-30min



2 Portions

The most wonderful thing about vegetable stews is that you get a wholesome, comforting dish that's full of flavour in a fraction of the time it would take to cook a meat-based one. This wholesome dish is on the table in just 30 minutes giving you and your partner more time to curl up on the couch and enjoy this satisfying dinner.

## What we send

- celery
- mint
- garlic
- pita bread <sup>1,6</sup>
- Greek-style yoghurt <sup>7</sup>
- spring onion
- chickpeas
- black sesame seeds <sup>11</sup>
- lime
- vegetable stock concentrate
- thyme
- silverbeet

## What you'll require

- butter <sup>7</sup>
- olive oil
- salt and pepper

## Utensils

- Colander
- grater
- large frypan
- medium frypan
- pastry brush
- small saucepan

- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Soy (6), Milk (7), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 725.0kcal, Fat 27.9g, Proteins 27.2g, Carbs 78.6g



### 1. Prepare chickpeas

Drain and rinse the **chickpeas** under cold running water.



### 2. Chop vegetables

Thinly slice the **spring onions**. Finely chop the **garlic**. Slice the **celery** on the diagonal. Separate **silverbeet** leaves from stems. Thinly slice the stems and coarsely shred the leaves.



### 3. Cook vegetables

Heat 2 tbs **oil** in a large frypan over medium-high heat. Cook **spring onion** and  $\frac{2}{3}$  of the **garlic**, stirring, for 1 min or until softened. Add the **celery** and **silverbeet stems** and cook, stirring, for 3 mins or until the vegetables begin to soften. Season with **salt and pepper**.



### 4. Finish stew

Strip leaves from **thyme**. Add **chickpeas** and half of the thyme leaves to pan with 375ml ( $1\frac{1}{2}$  cups) water and **vegetable stock concentrate**. Bring to a simmer and cook, stirring occasionally, for 5 mins or until **celery** and **silverbeet** are just tender. Stir in the **silverbeet leaves** and cook, stirring, for 2 mins or until wilted.



### 5. Make garnish

Meanwhile, zest the **lime** into a small bowl. Add the **sesame seeds**, remaining **thyme** leaves and a pinch of **salt**. Squeeze the juice from the **lime** and add 2 tsp to the vegetables in the pan. In a small bowl, combine 1 tbs **lime juice** with the **yoghurt** and season with **salt and pepper**.



### 6. Get ready to serve

Melt 20g **butter** and remaining **garlic** in a small saucepan. Brush over the **pita bread**. Heat medium frypan over medium-high heat. Cook bread for 30 secs each side or until warmed through. Pick the **mint** leaves (discard stems). Serve the **vegetables** topped with a dollop of **lime yoghurt** and sprinkled with the **sesame mixture** and mint leaves. Serve with bread.