



EGYPTIAN INSPIRED LENTILS

with Dukkah, Kale and Goat's Cheese toast



HELLO TURMERIC

Tumeric is a flowering plant of the ginger family and its root is used in cooking!



Red Onion



Carrot



Lentils



Chickpeas



Easy Ginger



Cinnamon Stick



Ground Turmeric



Ground Cumin



Chilli Flakes



Tomato Purée



Vegetable Stock Powder



Kale



Ciabatta



Goat's Cheese



Dukkah Spice Mix

MEAL BAG

20 mins

4 of your 5 a day

Medium heat

Rapid recipe

Veggie

Here's a 20-minute bowl full of goodness that will nourish you from the inside out. Packed with veg, protein-packed pulses, and delicately seasoned with cinnamon, ginger, turmeric, cumin and chilli - the flavours in this dish are second to none. Serve with grilled goat's cheese ciabatta and top with nutty dukkah for the final touch. Cosy nights in never looked so delicious.

GET **PREPARED!**

Preheat your grill to **High**.

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BEFORE YOU START

- 🔥 **Preheat** your grill to **High**.
- 🧼 **Wash** the veggies.
- 🍴 Make sure you've got a **Colander**, **Large Frying Pan** (with **Lid**), **Measuring Jug**, **Baking Paper** and **Baking Tray**. Let's start cooking the **Egyptian Inspired Lentils with Dukkah, Kale and Goat's Cheese toast**



1 GET PREPPED

- Halve, peel and chop the **onion** into small pieces.
- Trim the **carrot** (no need to peel). Halve lengthways then slice into thin half moons.
- Drain and rinse the **lentils** and **chickpeas** together in a colander. Set aside.



4 COOK THE LENTILS

- Add the **water** (see ingredients for amount) to the pan. Bring to the boil.
- Add the **stock powder** and stir to dissolve.
- Pop in the **kale** and cover the pan with a lid or foil.
- Cook until the **kale** is soft, another 4-5 mins.



2 FRY THE VEGGIES

- Heat a splash of **oil** in a large frying pan or saucepan over medium-high heat.
- Add the **onion** and **carrot**. Fry until softened and starting to colour, 3-4 mins.



5 MAKE THE TOAST

- Slice the **ciabatta** in half lengthways - as if you were making a sandwich!
- Cut the **goat's cheese log** to give you 4 slices per person. Lay the **goat's cheese** slices over the cut side of the **ciabatta**.
- Pop on a lined baking tray and grill on the top shelf of the oven, until the **cheese** has softened and is starting to colour, 3-5 mins.



3 ADD SOME FLAVOUR!

- Pop the **easy ginger**, **cinnamon stick**, **turmeric**, **cumin**, **chilli flakes** (add more if you like some heat!) and **tomato purée** into the pan. Stir well. Cook for 1 min.
- Stir in the **lentils** and the **chickpeas**.



6 FINISH UP

- When the **kale** is ready, remove the **cinnamon stick** from the **lentils**.
- Season to taste with **salt** and **pepper**.
- Serve the **lentils** in bowls with the **goats cheese toast** on the side. Sprinkle the **dukkah spice mix** over the **toast** and **lentils**.

ENJOY!

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion	1	1½	2
Carrot	1	1½	2
Lentils	1 carton	2 cartons	2 cartons
Chickpeas	1 carton	1 carton	2 cartons
Easy Ginger	1 sachet	2 sachets	2 sachets
Cinnamon Stick	1	1	1
Ground Turmeric	1 pot	1½ pots	2 pots
Ground Cumin	1 small pot	1 small pot	1 large pot
Chilli Flakes	a pinch	a pinch	a pinch
Tomato Purée	1 sachet	1½ sachets	2 sachets
Water*	500ml	750ml	1ltr
Vegetable Stock Powder (10)	½ sachet	1 sachet	1 sachet
Kale	1 small bag	¾ large bag	1 large bag
Ciabatta (11) (13)	1	1½	2
Goat's Cheese (7)	1 log	1½ logs	2 logs
Dukkah Spice Mix (1) (2) (3) (10)	1 pot	1½ pots	2 pots

*Not Included

NUTRITION PER UNCOOKED INGREDIENT	PER SERVING 795G	PER 100G
Energy (kcal)	596	75
(kJ)	2494	314
Fat (g)	25	3
Sat. Fat (g)	11	1
Carbohydrate (g)	57	7
Sugars (g)	15	2
Protein (g)	30	4
Salt (g)	2.49	0.31

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

- 1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery 11) Soya 13) Gluten

🧼 Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

👍 THUMBS UP OR THUMBS DOWN?

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BEFORE YOU EAT

You made this! It looks so tasty. You should be proud. Take a moment to admire your great work.