

# **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!













**Ground Turmeric** 





Vegetable Stock Powder





Goat's Cheese

Cinnamon Stick

Tomato Purée









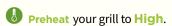




Veggie

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.







Breheat 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



#### **GET PREPPED**

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



### 4 COOK THE LENTILS

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



## **2** FRY THE VEGGIES

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



## 3 ADD SOME FLAVOUR!

- a) 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.
- **b)** Stir in the **lentils** and the **chickpeas**.



#### MAKE THE TOAST

- a) Slice the ciabatta in half lengthways as if you were making a sandwich!
- b) 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.
- c) 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.



# 6 FINISH UP

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

**ENJOY!** 

# INGREDIENTS

	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
<b>Ground Turmeric</b>	1 pot	1½ pots	2 pots
Ground Cumin	1 small	1 small	1 large
	pot	pot	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	1 small	¾ large	1 large
	bag	bag	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

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

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?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



Packed in the UK

You made this, now show it off! Share your creations with us:









The Fresh Farm

60 Worship St, London EC2A 2EZ





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