



Protein Packed Moroccan-Style Spiced Soup

with Lentils, Chickpeas and Dukkah

N° 8

BALANCED 30 Minutes • Under 600 Calories • Medium Heat • 2.5 of your 5 a day



Red Onion



Red Pepper



Yellow Pepper



Green Chilli



Chickpeas



Coriander



Ground Cumin



Ras-el-Hanout



Smoked Paprika



Tomato Purée



Red Lentils



Finely Chopped Tomatoes



Vegetable Stock Powder



Greek Yoghurt



Super Dukkah Spice Mix

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Colander, Large Saucepan, Measuring Jug, Sieve and Baking Tray.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Red Pepper**	1	2	2
Yellow Pepper**	1	1	2
Green Chilli**	½	¾	1
Chickpeas	1 carton	1½ cartons	2 cartons
Coriander**	½ bunch	¾ bunch	1 bunch
Ground Cumin	½ pot	¾ pot	1 pot
Ras-el-Hanout	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Red Lentils	100g	150g	200g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Greek Yoghurt 7) **	75g	100g	150g
Super Dukkah 1) 2) 3) 10)	1 pot	1½ pots	2 pots

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	656g	100g
Energy (kJ/kcal)	2157 / 516	329 / 79
Fat (g)	12	2
Sat. Fat (g)	3	1
Carbohydrate (g)	71	11
Sugars (g)	24	4
Protein (g)	28	4
Salt (g)	1.99	0.30

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 2) Nut 3) Sesame 7) Milk 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

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Packed in the UK



1. Prep Time!

Halve, peel and thinly slice the **red onion**. Halve the **red and yellow peppers** and discard the core and seeds. Chop into small pieces. Halve the **chilli** lengthways, deseed then finely chop. Drain and rinse the **chickpeas** in a colander. Roughly chop the bunch of **coriander** (stalks and all!).



2. Start the Soup

Heat a splash of **oil** in a large saucepan on medium-low heat and add the **onion** and **pepper**. Cook, stirring occasionally, until soft, 5-6 mins, then add the **ground cumin**, **ras-el-hanout**, **smoked paprika**, **tomato puree** and a pinch of **chilli** (careful - you can always add more later!) Cook for 1 minute. Season with **salt**.



3. Add the Stock

Stir in the **lentils** and **chickpeas**. Add the **finely chopped tomatoes** and **water** (see ingredients for amount) together with the **vegetable stock powder**. Stir to dissolve the **stock powder** and bring the **mixture** up to the boil.



4. Cook the Lentils

Once the **lentils** are boiling, lower the heat to medium low and simmer for 20-25 mins or until the **lentils** are soft, stirring occasionally. **TIP: If the lentils need a little longer to cook, that's fine, just keep bubbling away.** Add a splash of **water** if you feel it needs it.



5. Finish up

When the **soup** is cooked, season to taste with **salt** and **pepper** if needed. Stir through **half** the **coriander**.



6. Serve

Serve the **spiced Moroccan soup** in bowls with the remaining **coriander** sprinkled over. Dollop on some **Greek yoghurt** and finish with a sprinkling of **dukkah**. Add a sprinkle of the remaining **chilli**, if you want an extra kick.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • High Protein

Featured Ingredient: Chickpeas have an impressive nutritional profile with 100g of chickpeas containing 164Kcal. 100g of chickpeas provides 7g of fibre which is 30% of your daily recommended intake, and 18% of the calories come from proteins.