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## Spiced Moroccan Lentil and Chickpea Soup

They say 'you can lead a camel to water but you can't make him drink!'. We're pretty sure if you led him to this steaming bowl of Moroccan soup, you wouldn't have a problem! This recipe is inspired by Head Chef Patrick's recent trip to the Atlas Mountains where he spent time with the nomadic Berbers.

30 mins

veggie

mealkit

3.5 of your 5 a day

super spicy

one pot wonder

eat within 3 days



Water (400ml)



Red Onion (1)



Chickpeas (1 tin)



Coriander (½ bunch)



Ground Cumin (¾ tsp)



Ras el Hanout (1½ tsp)



Smoked Paprika (1 tsp)



Chopped Tomatoes (1 tin)



Tomato Purée (1 tbsp)



Vegetable Stock Pot (1)



Red Split Lentils (50g)




Ciabatta (2)



Greek Yoghurt (2 tbsp)

## 2 PEOPLE INGREDIENTS

- Water **400ml**
- Red Onion, sliced **1**
- Chickpeas **1 tin**
- Coriander, chopped **½ bunch**
- Ground Cumin **¾ tsp**
- Ras el Hanout **1½ tsp**
- Smoked Paprika **1 tsp**
- Chopped Tomatoes **1 tin**
- Tomato Purée **1 tbsp**
- Vegetable Stock Pot **1**
- Red Split Lentils **50g**
- Ciabatta **2**
- Greek Yoghurt **2 tbsp**

 Our fruit and veggies may need a little wash before cooking!

### Did you know...

The yoghurt we know as 'Greek' yoghurt is actually called 'straggisto' in Greece, which means strained yoghurt.

**Allergens:** Milk, Gluten, Celery, Sulphites.

**Nutrition as per prepared and listed ingredients**

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
<b>Per serving</b>	562 kcal / 2351 kJ	7 g	1 g	98 g	13 g	26 g	4 g
<b>Per 100g</b>	112 kcal / 470 kJ	1 g	0 g	20 g	3 g	5 g	1 g

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains Sulphites), Stabiliser [Tara Gum], Celery Salt, Celery Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



**1** Boil the **water** (amount specified in the ingredient list). Peel and cut the **onion** in half lengthways. Very thinly slice into half moon shapes. Drain and rinse the **chickpeas**. Separate the **leaves** from the **stalks** of the **coriander** and roughly chop both.



**2** Heat a splash of **oil** in a frying pan on medium-low heat and add the **ground cumin**, **ras el hanout** and **smoked paprika**. After 1 minute, add your **onion** and cook for 5 mins until soft. Add your **coriander stalks** and cook for 1 minute more. Season with **salt**.



**3** Add the **chopped tomatoes**, **tomato purée** and your boiling **water** together with the **vegetable stock pot**.



**4** Rinse the **red lentils** thoroughly under running water for 1 minute, then add to your **soup** and simmer for 10 mins.

**5** Add your **chickpeas** and half your **coriander leaves** and cook for another 10 mins.

**6** Once your **soup** has thickened, taste for seasoning and add more **salt** if necessary. **Tip:** *Patrick adds a bit of Tabasco to his to spice things up!* Meanwhile, preheat your grill to high. Cut the **ciabatta** in half and toast on each side under your grill until golden. Drizzle over a little **olive oil** and a pinch of **salt**.

**7** Serve your **soup** in bowls with your remaining **coriander** sprinkled on top. Dollop on some **Greek yoghurt** and serve with your **ciabatta** on the side.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!