



Spiced Moroccan Stew

with Lentils & Chickpeas

CLASSIC 30 Minutes • Medium Heat • 1.5 of your 5 a day • Veggie



Red Onion



Chickpeas



Coriander



Ground Cumin



Ras-el-Hanout



Smoked Paprika



Finely Chopped Tomatoes



Tomato Puree



Knorr Vegetable Stock Pot



Red Lentils



Ciabatta



Greek Yoghurt



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 and Baking Tray.

Ingredients

	2P	3P	4P
Red Onion**	1	1½	2
Chickpeas	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 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
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water*	400ml	600ml	800ml
Knorr Vegetable Stock Pot 10	1 pot	1½ pots	2 pots
Red Lentils	100g	150g	200g
Ciabatta 11 13	2	3	4
Greek Yoghurt 7 **	75g	100g	150

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	583g	100g
Energy (kJ/kcal)	2705 /647	464 /111
Fat (g)	12	2
Sat. Fat (g)	3	1
Carbohydrate (g)	100	17
Sugars (g)	20	4
Protein (g)	32	6
Salt (g)	3.91	0.67

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk **10)** Celery **11)** Soya **13)** Gluten

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.

Contact

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1. Prep Time!

Halve, peel and thinly slice the **red onion**. Drain and rinse the **chickpeas** in a colander. Roughly chop the **coriander** (stalks and all!)



2. Start the Soup

Heat a splash of **oil** in a large saucepan on medium-low heat, add the **onion** and fry until soft, 4-5 mins. Add the **ground cumin**, **ras-el-hanout** and **smoked paprika**, cook for a minute and season with **salt**.



3. Add the Stock

Add the **finely chopped tomatoes**, **tomato purée** and **water** (see ingredients for amount) together with the **Knorr vegetable stock pot**. Stir to dissolve and bring the **mixture** to the boil.



4. Cook the Lentils

Add the **red lentils** and **chickpeas** to the **soup**. Simmer until the **lentils** are soft, 20-25 mins. **TIP: If the lentils need a little longer to cook, that's fine!**



5. Toast the Ciabatta

Once the **lentils** are cooked, season to taste with **salt** and **pepper**. Meanwhile, preheat your grill to high. Cut the **ciabatta** in half, pop on a baking tray cut side up, drizzle with **olive oil**. Season with **salt** and **pepper** and toast under your grill until golden, 3-4 mins.



6. Finish and Serve

Serve the **spiced Moroccan soup** in bowls with the **coriander** sprinkled over and a spoon of **Greek yoghurt**. Serve with the **ciabatta** on the side.

Enjoy!