



Spiced Moroccan Stew with Lentils & Chickpeas

Classic 30 Minutes • 1 of your 5 a day

18



Red Onion



Chickpeas



Coriander



Ground Cumin



Ras el Hanout



Smoked Paprika



Finely Chopped Tomatoes



Tomato Puree



Vegetable Stock Powder



Red Lentils



Naan



Greek Yoghurt



King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.


Before you start

Our fruit and veggies need a little wash before you use them.

Cooking tools, you will need:

Colander, Saucepan, 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 sachet	¾ sachet	1 sachet
Ras el Hanout	1 sachet	1 sachet	2 sachets
Smoked Paprika	1 sachet	1 sachet	2 sachets
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Tomato Puree	1 sachet	1½ sachets	2 sachets
Water*	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	1½ sachets	2 sachets
Red Lentils	100g	150g	200g
Naan 7) 13)	2	3	4
Greek Yoghurt 7)**	75g	100g	150g
 King Prawns 5)**	150g	250g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	601g	100g
Energy (kJ/kcal)	3068 / 733	510 / 122
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	119	20
Sugars (g)	20	3
Protein (g)	34	6
Salt (g)	2.61	0.43

Custom Recipe	Per serving	Per 100g
for uncooked ingredient	676g	100g
Energy (kJ/kcal)	3262 / 780	483 / 115
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	119	18
Sugars (g)	20	3
Protein (g)	45	7
Salt (g)	3.59	0.53

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 7) Milk 10) Celery 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!


Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

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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).



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.*

CUSTOM RECIPE

If you've decided to add **prawns** to your meal, 5 mins before the **lentils** are cooked, stir the **prawns** into the **lentils** and continue to simmer until the **prawns** are cooked through, 4-5 mins. **IMPORTANT:** *The prawns are cooked when pink on the outside and opaque in the middle.* Continue with the rest of the recipe as instructed.



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**.



Toast the Naan

Once the **lentils** are cooked, season to taste with **salt** and **pepper**. Meanwhile, pop your **naans** on a baking tray, drizzle with oil and season with **salt** and **pepper**. Toast under your grill until golden, 2-3 mins.



Add the Stock

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



Finish and Serve

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

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.