



Moroccan Spiced Lentil Stew

with chickpeas and toasted baguette

Veggie 30 – 35 mins • Spicy

7



Onion



Chickpeas



Coriander



Ras-el-Hanout



Chopped Tomato with Onion & Garlic



Tomato Paste



Vegetable Stock



Lentils



Baguette



Yoghurt



Harissa Paste

Pantry Items: Water, Oil, Salt, Pepper, Sugar



Rate your recipe!

Before you start

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

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Onion	2 units	4 units
Chickpeas	1 pack	2 packs
Coriander	5 g	10 g
Ras-el-Hanout	1 sachet	2 sachets
Chopped Tomato with Onion & Garlic	1 pack	2 packs
Tomato Paste	1 tin	2 tins
Vegetable Stock	1 sachet	2 sachets
Lentils	1 pack	2 packs
Baguette	2 units	4 units
Yoghurt	75 g	150 g
Harissa Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	877 g	100 g
Energy (kJ/kcal)	3853.5 kJ/ 921 kcal	439.4 kJ/ 105 kcal
Fat (g)	13.7 g	1.6 g
Sat. Fat (g)	3.1 g	0.4 g
Carbohydrate (g)	134 g	15.3 g
Sugars (g)	42.7 g	4.9 g
Protein (g)	46.5 g	5.3 g
Salt (g)	8.3 g	0.9 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

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.

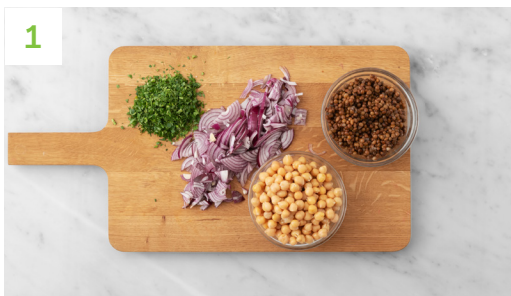
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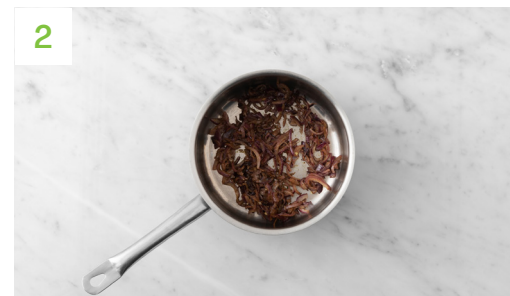


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Get Prepped

- Preheat the oven to 220°C/200°C fan/gas mark 7.
- Halve, peel and thinly slice the **onion**.
- Drain and rinse the **chickpeas** and **lentils** in a sieve.
- Roughly chop the **coriander** (stalks and all).



Fry the Veg

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** until softened, 4-5 mins.
- Add the **ras-el-hanout**, season with **salt** and cook for 1 min more.



Start the Stew

- Add the **chopped tomatoes** and **tomato paste** to the pot.
- Pour in 350ml **water** (double for 4p) along with the **stock**.
- Stir everything together and bring to the boil.



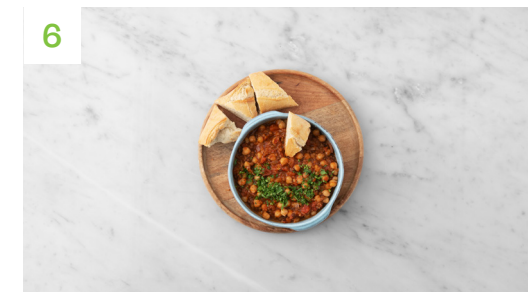
Simmer the Stew

- Add the drained **lentils** and **chickpeas** to the pot.
- Bring back to the boil, then lower the heat and simmer until slightly thickened, 12-15 mins.
- Stir occasionally to prevent sticking.
- Once the stew has reduced, stir through the **harissa paste**.
- Season to taste with **salt**, **pepper** and **sugar**.



Warm the Bread

- When the stew is almost finished, pop the **baguettes** into the oven to warm through, 2-3 mins.



Finish and Serve

- Spoon the spiced **lentil** stew into bowls.
- Top with a sprinkling of **coriander** and a dollop of **yoghurt**.
- Tear off chunks of warm **baguette** for mopping up the stew.

Enjoy!