



# Moroccan Spiced Lentil Stew

with chickpeas and toasted baguette

Veggie 30-35 mins • Spicy • Eat me first

7



Baguette



Chickpeas



Coriander



Ras-el-Hanout



Chopped Tomato with Onion & Garlic



Tomato Paste



Vegetable Stock



Lentils



Onion



Yoghurt



Harissa Paste

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



## 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
Baguette	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
Onion	1 unit	4 units
Yoghurt	75 g	150 g
Harissa Paste	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	829 g	100 g
Energy (kJ/kcal)	3681.9 kJ/ 909 kcal	444.1 kJ/ 106.2 kcal
Fat (g)	13.2 g	1.6 g
Sat. Fat (g)	3.1 g	0.4 g
Carbohydrate (g)	132 g	15.3 g
Sugars (g)	37 g	4.5 g
Protein (g)	44.3 g	5.3 g
Salt (g)	8.2 g	1 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.

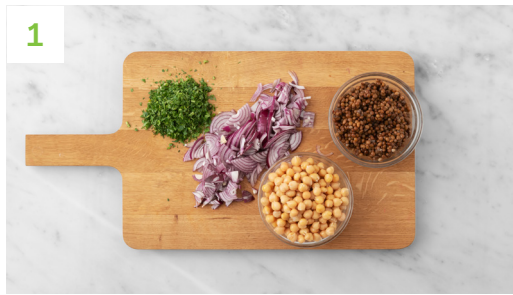
Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

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



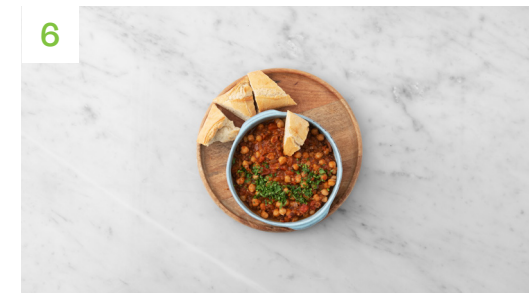
## Simmer the Stew

- Add the drained **lentils** and **chickpeas** to the pot.
- Bring back up 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, 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 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!