



Veggie Moroccan Harira

with roasted bell pepper and turmeric rice

Veggie Calorie Smart 35 – 40 mins • Spicy

10



Lentils



Garlic



Coriander



Ground Cinnamon



Ground Turmeric



Ground Cumin



Harissa Spice Mix



Passata



Bell Pepper



Rice



Onion



Cranberry Chutney

Pantry Items: Salt, Pepper, Oil, Water



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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

Baking sheet with baking paper, grater, pot with lid, sieve

Ingredients

	2P	4P
Lentils	1 pack	2 packs
Garlic	1 unit	2 units
Coriander	5 g	10 g
Ground Cinnamon	½ sachet	1 sachet
Ground Turmeric	1 sachet	2 sachets
Ground Cumin	1 sachet	2 sachets
Harissa Spice Mix	1 sachet	2 sachets
Passata	1 pack	2 packs
Bell Pepper	1 unit	2 units
Rice	150 g	300 g
Onion	1 unit	2 units
Cranberry Chutney	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	546.2 g	100 g
Energy (kJ/kcal)	2514.6 kJ/ 601 kcal	460.4 kJ/ 110 kcal
Fat (g)	3 g	0.5 g
Sat. Fat (g)	0.5 g	0.1 g
Carbohydrate (g)	109.7 g	20.1 g
Sugars (g)	36.2 g	6.6 g
Protein (g)	24.3 g	4.4 g
Salt (g)	3.5 g	0.6 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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Cook the Rice

- Preheat your oven to 240°C/220°C fan/gas mark 9.
- Pour 300ml cold **salted water** (double for 4p) into a medium pot with a tight-fitting lid.
- Stir in the **rice** and **half** the **turmeric** and bring to the boil.
- Once boiling, lower the heat to medium, cover with the lid and cook for 10 mins.
- Remove the pot from the heat and keep covered for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Char the Pepper

- Meanwhile, halve the **pepper** and discard the core and seeds. Chop into 2cm chunks.
- Pop the **pepper** onto a lined baking tray.
- Drizzle with a little **oil**, season with **salt** and **pepper** then toss to coat.
- When the oven is hot, roast on the top shelf until soft and slightly charred, 15-18 mins.



Prep the Veg

- Meanwhile, halve, peel and chop the **onion** into small pieces.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).
- Drain and rinse the **lentils** in a sieve.



Start the Harira

- Place a large pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **onion** until softened, stirring occasionally, 4-5 mins.
- Stir in the **garlic**, **cumin**, **harissa spice mix**, **half** the **cinnamon** (double for 4p), drained **lentils** and remaining **turmeric**.
- Fry for another 2-3 mins.
- Add the **passata**, 100ml **water** and ¼ tsp **salt** (double both for 4p). Cover and simmer for 6-8 mins.



Finishing Touches

- Once everything is ready, stir the **cranberry chutney** and **half** the roasted **pepper** through the harira.
- Add a splash of **water** to loosen the stew if required.
- Season to taste with **salt** and **pepper**.



Garnish and Serve

- Fluff up the fragrant **turmeric rice** with a fork and divide between plates.
- Serve the flavorful harira alongside.
- Scatter over the remaining roasted **pepper**.
- Finish with a sprinkling of chopped **coriander**.

Enjoy!