



Veggie Moroccan Harira

with roasted bell pepper and turmeric rice

35 – 40 mins • Veggie • Spicy

7



Lentils



Coriander



Ground Cinnamon



Ground Turmeric



Ground Cumin



Harissa Spice Mix



Passata



Bell Pepper



Rice



Onion



Cranberry Chutney



Greek Style Cheese

Pantry Items: Salt, Pepper, Oil, Water



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

Baking sheet with baking paper, pot with lid, sieve

Ingredients

| | 2P | 4P |
|--------------------|----------|-----------|
| Lentils | 1 pack | 2 packs |
| 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 |
| Greek Style Cheese | 100 g | 200 g |

Nutrition

| | Per serving | Per 100g |
|--------------------------|------------------------|-------------------------|
| for uncooked ingredients | 594.3 g | 100 g |
| Energy (kJ/kcal) | 3104.5 kJ/ 742 kcal | 522.4 kJ/ 124.9 kcal |
| Fat (g) | 15.5 g | 2.6 g |
| Sat. Fat (g) | 9.5 g | 1.6 g |
| Carbohydrate (g) | 109.3 g | 18.4 g |
| Sugars (g) | 36.7 g | 6.2 g |
| Protein (g) | 32.1 g | 5.4 g |
| Salt (g) | 5.2 g | 0.9 g |

Nutrition for uncooked ingredients based on 2 person recipe.

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** (per 2P) 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).



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 **cumin**, **harissa spice mix**, **half** a sachet of **cinnamon** (per 2P), drained **lentils** and remaining **turmeric**.
- Add the **passata**, 100ml **water** (per 2P) and ¼ tsp **salt** (per 2P). Cover and simmer for 6-8 mins.



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.



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**.



Prep the Veg

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



Garnish and Serve

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

Enjoy!