



Moroccan Spiced Lentil Stew

with chickpeas and toasted baguette

30 – 35 mins • Veggie • Spicy

7



Onion



Chickpeas



Coriander



Ras-el-Hanout



Chopped Tomato
with Onion & Garlic



Tomato Paste



Stock



Lentils



Baguette



Yoghurt



Harissa Paste

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



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2025-W01

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.

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

Cooking tools you will need

Sieve

Ingredients

	2P	4P
Onion	1 unit	2 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
Stock	1 sachet	2 sachets
Lentils	1 pack	2 packs
Baguette	2 units	4 units
Yoghurt	110 g	220 g
Harissa Paste	1 sachet	2 sachets

Nutrition

for uncooked ingredient	Per 100g
Energy (kJ/kcal)	439.9 kJ/ 105.1 kcal
Fat (g)	1.6 g
Sat. Fat (g)	0.4 g
Carbohydrate (g)	15.2 g
Sugars (g)	4.9 g
Protein (g)	5.3 g
Salt (g)	0.9 g

See site or app for detailed nutritional info.

Allergens

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

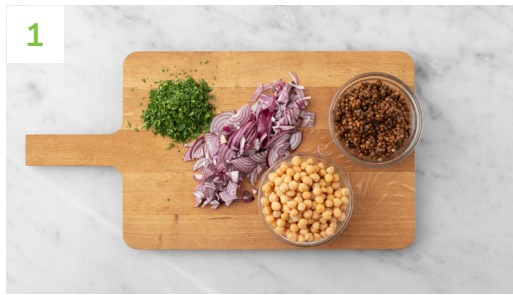
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Get Prepped

- 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** (per 2P) along with the **stock**.
- Stir everything together and bring to the boil.



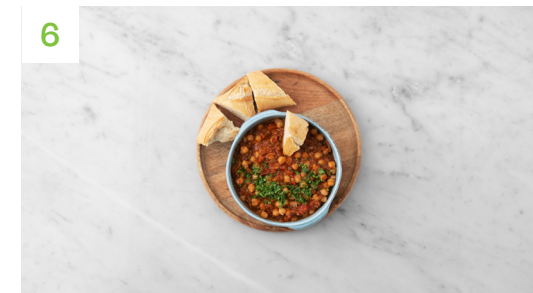
Simmer the Stew

- 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!