



Hearty Moroccan Lentil, Currant & Veggie Stew

with Mash & Slivered Almonds

EXPLORER

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Carrot



Parsnip



Potato



Onion



Lentils



Slivered Almonds



Garlic Paste



Chermoula Spice Blend



Crushed & Sieved Tomatoes



Currants



Vegetable Stock Powder



Baby Spinach Leaves



Chicken Breast

Prep in: 20-30 mins
Ready in: 30-40 mins



Plant Based*
**Custom Recipe is not Plant Based or Calorie Smart*



Eat Me Early*
**Custom Recipe only*



Calorie Smart*

Bring the warm Moroccan flavours to your table in the form of a stew packed on top of a blanket of mashed potato. There's the comforting addition of lentils and spices, and the pop of currants is everything this stew needs to end a long day.

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Plant-Based Milk, Plant-Based Butter, Brown Sugar

Before you start

Wash your hands and any fresh food

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan · Medium saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
potato	2	4
onion	1 (medium)	1 (large)
lentils	1 tin	2 tins
slivered almonds	1 packet	2 packets
plant-based milk*	2 tbs	¼ cup
plant-based butter*	20g	40g
garlic paste	1 medium packet	1 large packet
chermoula spice blend	1 sachet	1 sachet
crushed & sieved tomatoes	1 tin	2 tins
currants	1 packet	2 packets
brown sugar*	½ tbs	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
baby spinach leaves	1 medium bag	1 large bag
chicken breast**	1 packet	1 packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	291kJ (70Cal)
Protein (g)	26.4g	3.1g
Fat, total (g)	10.9g	1.3g
- saturated (g)	0.8g	0.1g
Carbohydrate (g)	95.7g	11.1g
- sugars (g)	34.6g	4g
Sodium (mg)	1704mg	198mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3265kJ (780Cal)	320kJ (76Cal)
Protein (g)	58.9g	5.8g
Fat, total (g)	16.6g	1.6g
- saturated (g)	2.5g	0.2g
Carbohydrate (g)	95.7g	9.4g
- sugars (g)	34.6g	3.4g
Sodium (mg)	1802mg	176mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information. Visit [hellofresh.co.nz/foodinfo](https://www.hellofresh.co.nz/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



Get prepped

- Preheat oven to **240°C/220°C fan-forced**. Boil the kettle.
- Cut **carrot** and **parsnip** into bite-sized chunks. Peel **potato** and cut into large chunks. Slice **onion** into wedges. Drain and rinse **lentils**.

Custom Recipe: If you've added chicken breast to your meal, cut chicken into 2cm chunks.



Start the stew

- When the veggies have **5 minutes** remaining, heat a medium saucepan over medium-high heat with the **plant-based butter** and a drizzle of **olive oil**.
- Cook **garlic paste** and **chermoula spice blend** until fragrant, **1 minute**.
- Add **crushed & sieved tomatoes**, **currants**, the **brown sugar**, **lentils**, **vegetable stock powder** and a splash of **water**. Bring to the boil, then reduce heat to medium, and simmer until slightly thickened, **2-3 minutes**.

Custom Recipe: Cook chicken before garlic paste, tossing occasionally, until cooked through, 5-6 minutes. Continue as above.



Roast the veggies

- Place **carrot**, **parsnip** and **onion** on a lined oven tray. Season with **salt** and **pepper**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.
- In the last **3 minutes** of cook time, add **slivered almonds** to one side of the tray, return to the oven and roast until golden.



Finish the stew

- To the **lentil stew**, add **roasted veggies** and **baby spinach leaves**, stirring until wilted.



Make the mash

- Meanwhile, half-fill a large saucepan with boiling water, then add a generous pinch of **salt**.
- Cook **potato** in the boiling water, over high heat, until easily pierced with a fork, **12-15 minutes**. Drain and return to the pan.
- Add the **plant-based milk** and a good drizzle of **olive oil** to the **potato** and season with **salt**. Mash until smooth. Cover to keep warm.

TIP: Save time and get more fibre by leaving the potato unpeeled.



Serve up

- Divide mash between bowls, then top with hearty Moroccan lentil stew.
- Sprinkle over almonds to serve. Enjoy!

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