

# Moroccan Lentil & Veggie Stew

with Mash & Flaked Almonds

Grab your meal kit with this number

8



Carrot



Parsnip



Potato



Onion



Red Lentils



Flaked Almonds



Garlic Paste



Chermoula Spice Blend



Diced Tomatoes With Garlic & Onion



Vegetable Stock Powder



Baby Leaves



Chicken Breast



Chicken Thigh

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

Plant Based

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. The comforting addition of lentils and spices is everything this stew needs to end a long day.

### Pantry items

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

## Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

**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 · Medium saucepan · Large saucepan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
carrot	1	2
parsnip	1	2
potato	2	4
onion	½	1
red lentils	1 packet	2 packets
flaked almonds	1 packet	2 packets
<b>plant-based milk*</b>	2 tbs	¼ cup
<b>plant-based butter*</b>	20g	40g
garlic paste	1 small packet	1 medium packet
chermoula spice blend	1 medium sachet	1 large sachet
diced tomatoes with garlic & onion	1 packet	2 packets
<b>brown sugar*</b>	2 tsp	1 tbs
vegetable stock powder	1 medium sachet	1 large sachet
<b>water*</b>	2 cups	4 cups
baby leaves	1 medium packet	1 large packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2640kJ (631Cal)	293kJ (70Cal)
Protein (g)	24.7g	2.7g
Fat, total (g)	10.6g	1.2g
- saturated (g)	1.5g	0.2g
Carbohydrate (g)	107g	11.9g
- sugars (g)	44.8g	5g
Sodium (mg)	2066mg	229mg
Dietary Fibre (g)	25.4g	2.8g

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://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

2024 | CW29



## 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.
- Rinse **red lentils**.



## Make the mash

- Meanwhile, half-fill a medium 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.



## 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 **flaked almonds** to one side of the tray, return to the oven and roast until golden.



## Bring it all together

- Add **roasted veggies** and **baby leaves** to the lentil stew, stir until leaves are wilted.



## Start the stew

- Meanwhile, heat a large saucepan over medium-high heat with the **plant-based butter** and a drizzle of **olive oil**.
- **SPICY!** This is a mild spice blend, but use less if you're sensitive to heat. Cook **garlic paste** and **chermoula spice blend** until fragrant, **1 minute**.
- Add **diced tomatoes with garlic & onion**, the **brown sugar**, **lentils**, **vegetable stock powder** and the **water**, stirring to combine.
- Bring to a simmer, then cover with a lid and cook, stirring occasionally, until **lentils** are soft **20-22 minutes**.



## Serve up

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

## CUSTOM OPTIONS

- ➕ **ADD CHICKEN BREAST**  
Cut into bite-sized pieces. Before cooking stew, cook chicken with a drizzle of olive oil until cooked through, 3-4 minutes. Return chicken to pan with baby leaves.

- ➕ **ADD CHICKEN THIGH**  
Cut into bite-sized pieces. Before cooking stew, cook chicken with a drizzle of olive oil until cooked through, 3-4 minutes. Return chicken to pan with baby leaves.

If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

