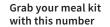
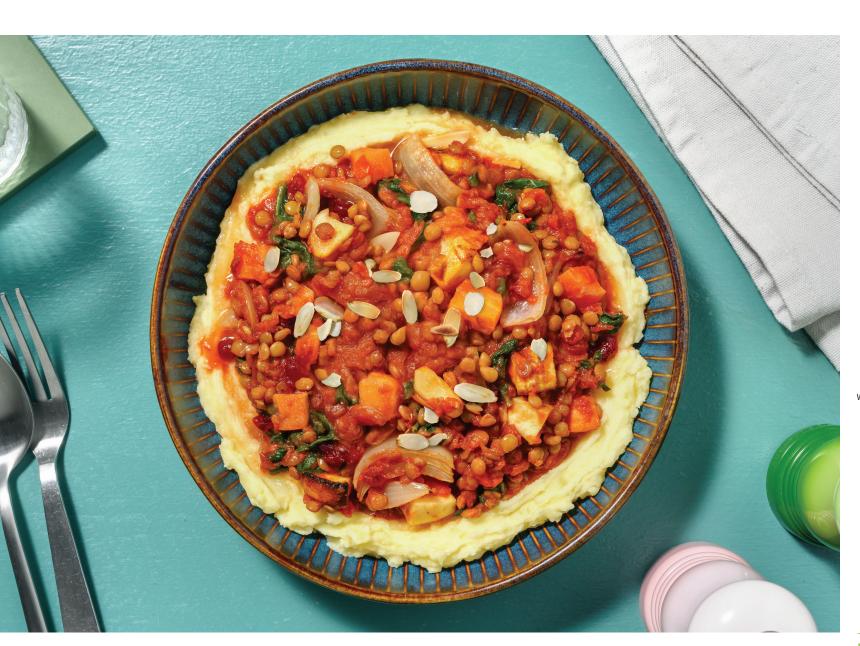


Moroccan Lentil & Veggie Stew

with Mash & Flaked Almonds

















Potato





Red Lentils

Flaked Almonds





Garlic Paste

Chermoula Spice Blend





Diced Tomatoes With Garlic & Onion

Vegetable Stock Powder









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





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 \cdot Medium saucepan \cdot Large saucepan

Ingredients

| ingi ediento | | | |
|--|-----------------|-----------------|--|
| | 2 People | 4 People | |
| olive oil* | refer to method | refer to method | |
| carrot | 1 | 2 | |
| parsnip | 1 | 2 | |
| potato | 2 | 4 | |
| onion | 1/2 | 1 | |
| red lentils | 1 packet | 2 packets | |
| flaked almonds | 1 packet | 2 packets | |
| plant-based milk* | 2 tbs | ¼ cup | |
| plant-based butter* | 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 | |
| brown sugar* | 2 tsp | 1 tbs | |
| vegetable stock powder | 1 medium sachet | 1 large sachet | |
| water* | 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 for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



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.



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.



Start the stew

- Meanwhile, heat a large saucepan over mediumhigh 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.



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.



Bring it all together

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



Serve up

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



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.

