

Moroccan Lentil & Veggie Stew

with Mash & Flaked Almonds

CLIMATE SUPERSTAR

Grab your meal kit with this number

8



Carrot



Parsnip



Potato



Onion



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. There's the comforting addition of black beans and spices, and the nuttiness of flaked almonds 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
olive oil*	refer to method	refer to method
carrot	1	2
parsnip	1	2
potato	2	4
onion	½	1
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
baby leaves	1 medium packet	2 medium packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2639kJ (630Cal)	294kJ (70Cal)
Protein (g)	29.5g	3.3g
Fat, total (g)	11g	1.2g
- saturated (g)	1.5g	0.2g
Carbohydrate (g)	100.2g	11.2g
- sugars (g)	45.5g	5.1g
Sodium (mg)	2060mg	230mg
Dietary Fibre (g)	27.2g	3g

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.

We're here to help!

Scan here if you have any questions or concerns

2024 | CW34



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 (see ingredients)** into wedges.
- Drain and rinse **lentils**.



Start the stew

- When the veggies have **5 minutes** remaining, 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**, 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**.



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

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



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.

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



Serve up

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

CUSTOM OPTIONS

+ ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook with veggies until cooked through, 4-6 minutes.

+ ADD CHICKEN THIGH

Cut into bite-sized pieces. Cook with veggies until cooked through, 4-6 minutes.

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

