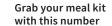


# Moroccan Lentil & Veggie Stew

with Mash & Flaked Almonds

CLIMATE SUPERSTAR













Potato



Flaked Almonds







Garlic Paste

Chermoula Spice Blend





**Diced Tomatoes** With Garlic & Onion

Vegetable Stock Powder



**Baby Leaves** 





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



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  $\cdot$  Medium saucepan  $\cdot$  Large saucepan

# Ingredients

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	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	
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	

<sup>\*</sup>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.



# 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.



# 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.



## 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.



## 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.



# Bring it all together

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



# Serve up

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



ADD CHICKEN BREAST

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



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.

