



More than Food

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Spiced Moroccan Lentil and Chickpea Soup

with Sour Cream and Toasted Pita

This recipe is inspired by one of our chef's recent trips to the Atlas Mountains, where he spent time with the nomadic Berbers. The combination of hearty chickpeas, lentils, and those deep, smoky spices is guaranteed to satisfy.



30 min



level 1



veggie



nut free



Scallions



Chickpeas



Cumin



Diced Tomatoes



Vegetable Stock Concentrate



Red Lentils



Whole Wheat Pitais



Sour Cream



Smoked Paprika

Ingredients	2 People	4 People
Scallions	2	4
Chickpeas	1 box	2 boxes
Cumin	1 t	2 t
Diced Tomatoes	1 can	2 cans
Vegetable Stock Concentrate	1	2
Red Lentils	¾ C	1½ C
Whole Wheat Pitas	1) 2)	4
Sour Cream	3)	8 T
Smoked Paprika	1 t	2 t
Olive Oil*	2 t	4 t

*Not Included

Allergens

- 1) Wheat
- 2) Soy
- 3) Milk

Tools

Large Pan, Baking Sheet, Strainer

Ruler

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Nutrition per person Calories: 896 cal | Carbs: 132 g | Fat: 20 g | Protein: 46 g | Fiber: 29 g | Sodium: 1121 mg

Make sure to wash and dry produce before prepping or cooking!



1 Prep the ingredients: Preheat the oven to 400 degrees. Thinly slice the **scallions**, keeping the greens and whites separate. Drain and rinse the **chickpeas**. Rinse the **lentils**.



2 Start the soup: Heat a drizzle of **olive oil** in a large pan over medium heat. Add the **scallion whites** and cook, tossing, for 2-3 minutes, until soft. Add the **cumin** and **paprika** to the pan and cook, tossing, for 30 seconds, until fragrant. Season with **salt** and **pepper**.



3 Add the **diced tomatoes**, **stock concentrate**, and **2 cups water** to the pan. Bring to a boil, then add the **lentils** to the pan and reduce to a low simmer for 10 minutes. Season with **salt** and **pepper**.



4 Finish the soup: Add the **chickpeas** to the pan and simmer for another 10 minutes, until the **lentils** are tender. Taste and season with **salt** and **pepper**.

5 Toast the pita: While the **soup** simmers, place the **pitas** on a baking sheet with a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Place in the oven to toast for 3-5 minutes.

6 Serve the **soup** divided between bowls, garnish with the **scallion greens** and dollop with **sour cream**. Tear the **pitas** for dipping into the soup and enjoy!