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Nir's Lamb-Stuffed Zucchini with Spiced Lentil Stew

“This dish is one of the most memorable dishes of comfort food that my grandmother used to make when I was young. When we went to visit her, we could smell the delightful aromas from the street. This dish brings about all those warm memories and allows me to reminisce about family and the place where I grew up.” – Chef Nir

45 min

level 2

gluten free

nut free

dairy free



Ground Lamb



Zucchini



Lentils



Peas



Cumin



Ras el Hanout



Turmeric



Carrot



Red Onion



Ginger



Garlic



Tomato Paste



Cilantro



Vegetable Stock Concentrate



Lemon

Ingredients

	2 People	4 People
Ground Lamb	8 oz	16 oz
Zucchini	2	4
Lentils	½ c	1 c
Peas	4 oz	8 oz
Cumin	1 t	2 t
Ras el Hanout	1 t	2 t
Turmeric	1 t	2 t
Carrot	1	2
Red Onion	1	2
Ginger	1 Thumb	2 Thumbs
Garlic	2 cloves	4 cloves
Tomato Paste	1 T	2 T
Cilantro	¼ oz	½ oz
Vegetable Stock Concentrate	1	2
Lemon	1	2
Olive Oil*	2 t	4 t

*Not Included

Allergens

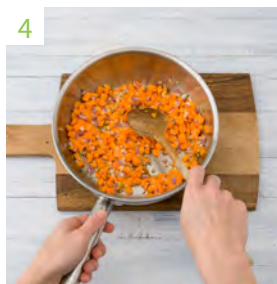
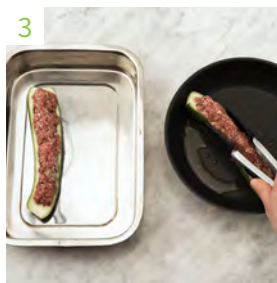
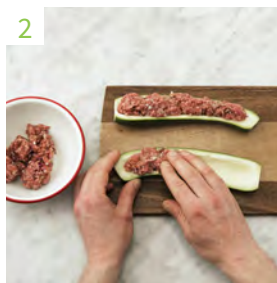
None

Tools

Peeler, Medium Bowl, Large Pan, Baking Sheet

Nutrition per person Calories: 634 cal | Fat: 23 g | Sat. Fat: 10 g | Protein: 40 g | Carbs: 76 g | Sugar: 19 g | Sodium: 354 mg | Fiber: 28 g

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



1 Prep the ingredients: Preheat the oven to 400 degrees. Halve, peel, and finely dice the **red onion**. Peel and finely dice the **carrot**. Pick the **cilantro leaves** off the **stems** and roughly chop, keeping the leaves and the stems separate. Mince or grate the **garlic**. Halve the **lemon**. Peel and mince the **ginger**. Halve the **zucchini** lengthwise and scoop out the seeds with a spoon.

2 Stuff the zucchini: In a medium bowl, combine the **lamb**, **½ cup diced red onion**, **½ teaspoon cumin**, **½ teaspoon ras el hanout**, and a large pinch of **salt** and **pepper**. Season the **zucchini halves** with **salt** and **pepper** and stuff with the **lamb mixture**.

3 Cook the stuffed zucchini: Heat a large drizzle of **oil** in a large pan over high heat. Add the **stuffed zucchini** (stuffed side up) to the pan and cook for 2-3 minutes, until golden brown on the bottom. Transfer the **zucchini** to a baking sheet and place in the oven for 10-15 minutes, until the **zucchini** are tender.

4 Sauté the vegetables: Add the **carrot** and remaining **red onion** to the pan and reduce the heat to medium. Cook, tossing for 3-5 minutes, until softened. Add the **garlic**, **cilantro stems**, **tomato paste**, and **turmeric** to the pan and cook for another 1 minute, until fragrant. Season with **salt** and **pepper**.

5 Cook the lentils: Add the **vegetable stock concentrate**, **2 cups water**, and the juice of half a **lemon** to the pan. Add the **lentils** and simmer for 10-15 minutes, until the lentils are tender.

6 Finish: Stir the **peas** into the stew to heat through. Taste and adjust the seasoning with additional **cumin** and **ras el hanout**, if desired. Season generously with **salt** and **pepper**.

7 Finish: Serve the **spiced lentil stew** and top with the **lamb-stuffed zucchini**. Finish with a squeeze of **lemon** and the **cilantro leaves**. Enjoy!

Ruler

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