



Harira-Style Lentil Veggie Stew

with Toasted Flatbread Wedges and Feta

Veggie Spicy 30 Minutes



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Red Lentils



Beyond Meat®



Flatbread



Zucchini



Mirepoix



Cilantro



Garlic Puree



Moroccan Spice Blend



Vegetable Stock Powder



Crushed Tomatoes with Garlic and Onion



Harissa Spice Blend



Feta Cheese, crumbled

CUSTOM RECIPE

This is a Custom Recipe. If you chose to add Beyond Meat®, simply follow the instructions on the back of this card and you're set.

Happy cooking!

HELLO HARIRA

This dish is inspired by a Moroccan lentil stew!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, strainer, measuring cup, large pot

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cups
Beyond Meat®	2	4
Flatbread	2	4
Zucchini	400 g	800 g
Mirepoix	113 g	227 g
Cilantro	7 g	14 g
Garlic Puree	1 tbsp	2 tbsp
Moroccan Spice Blend	1 tbsp	2 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Crushed Tomatoes with Garlic and Onion	1	2
Harissa Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Oil*		
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



1 Prep

- Cut **zucchini** in half lengthwise, then into ¼-inch half-moons.
- Roughly chop **cilantro**.
- Cut **each flatbread** into **8 equal wedges**.
- Using a strainer, rinse **lentils** until water runs clear.



4 Finish stew

- Add **lentils, crushed tomatoes, stock powder** and **2 cups** (3 ½ cups) **water** to the same pot. Bring to a boil over high.
- Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 12-15 min.
- Add **zucchini**. Cook, stirring often, until heated through, 1-2 min. Season with **salt** and **pepper**, to taste. (**TIP:** If you prefer a more brothy stew, add extra water, ¼ cup at a time!)



2 Cook zucchini

- Heat a large pot over medium-high heat.
- When hot, add ½ **tbsp** (1 tbsp) **oil**, then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min.
- Remove from heat, then season with **salt** and **pepper**. Transfer **zucchini** to a plate.



5 Toast flatbread wedges

- While **stew** simmers, add **flatbread wedges** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer.
- Bake **flatbread wedges** in the **middle** of the oven until golden-brown and crispy, 4-5 min.



3 Start stew

- Heat the same pot over medium.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **mirepoix**. Season with **salt**. Cook, stirring occasionally, until softened, 3-4 min.
- Add **garlic puree, Harissa Spice Blend** and **Moroccan Spice Blend**. Cook, stirring often, until fragrant, 30 sec.

If you've opted to add **Beyond Meat®**, when the pot is hot, add **1 tbsp** (2 tbsp) **oil**, then **Beyond Meat® patties** and **mirepoix**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Follow the rest of the recipe as written.



6 Finish and serve

- Divide **stew** between bowls, then sprinkle **feta** and **cilantro** over top.
- Serve **flatbread wedges** alongside for dunking.

Dinner Solved!



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