



Protein Packed Moroccan Spiced Soup

with Lentils, Chickpeas and Dukkah

Calorie Smart 30 Minutes • Under 600 Calories • Medium Spice • 5 of your 5 a day • Veggie



-  Red Onion
-  Bell Pepper
-  Green Chilli
-  Chickpeas
-  Coriander
-  Ground Cumin
-  Ras el Hanout
-  Smoked Paprika
-  Tomato Purée
-  Red Lentils
-  Finely Chopped Tomatoes
-  Vegetable Stock Powder
-  Greek Yoghurt
-  Dukkah Mix

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Colander, Saucepan, Wooden Spoon, Measuring Jug, Bowl.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Bell Pepper***	2	3	4
Green Chilli**	½	¾	1
Chickpeas	1 carton	1½ cartons	2 cartons
Coriander**	½ bunch	¾ bunch	1 bunch
Ground Cumin	1 small sachet	1 large sachet	2 small sachets
Ras el Hanout	1 small pot	¾ large pot	1 large pot
Smoked Paprika	1 small sachet	1 large sachet	2 small sachets
Tomato Purée	1 sachet	1½ sachets	2 sachets
Red Lentils	100g	150g	200g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	400ml	600ml	800ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Greek Yoghurt 7) **	75g	100g	150g
Dukkah Mix 1) 2) 3) 10)	1 pot	1½ pots	2 pots

*Not Included **Store in the Fridge ***Based on season, the colour of your bell pepper will either be yellow, red or orange to guarantee you get the best quality pepper.

Nutrition

	Per serving	Per 100g
for uncooked ingredient	672g	100g
Energy (kJ/kcal)	2314/553	344/82
Fat (g)	13	2
Sat. Fat (g)	4	1
Carbohydrate (g)	76	11
Sugars (g)	26	4
Protein (g)	29	4
Salt (g)	1.86	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **2)** Nut **3)** Sesame **7)** Milk **10)** Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

 You can recycle me!



Prep Time!

Halve, peel and thinly slice the **red onion**. Halve the **peppers** and discard the core and seeds. Chop into small pieces. Halve the **chilli** lengthways, deseed then finely chop. Drain and rinse the **chickpeas** in a colander. Roughly chop the bunch of **coriander** (stalks and all).



Cook the Lentils

Once the **lentils** are boiling, lower the heat to medium-low and simmer for 20-25 mins or until the **lentils** are soft, stirring occasionally. **Tip:** *If the lentils need a little longer to cook, that's fine, just keep them bubbling away.* Add a splash of **water** if you feel it needs it.



Start the Soup

Heat a splash of **oil** in a large saucepan on medium-low heat and add the **onion** and **pepper**. Cook, stirring occasionally, until soft, 5-6 mins, then add the **ground cumin**, **ras el hanout**, **smoked paprika**, **tomato purée** and a pinch of **chilli** (careful, it's hot - you can always add more later!) Cook for 1 minute. Season with **salt**.



Finish Up

When the **soup** is cooked, season to taste with **salt** and **pepper** if needed. Stir through **half** the **coriander**.



Add the Stock

Stir in the **lentils** and **chickpeas**. Add the **finely chopped tomatoes** and **water** (see ingredients for amount) together with the **vegetable stock powder**. Stir to dissolve the **stock powder** and bring the **mixture** up to the boil.



Serve

Serve the **spiced Moroccan soup** in bowls with the remaining **coriander** sprinkled over. **Dollop** on some **Greek yoghurt** and finish with a sprinkling of **dukkah**. Add a sprinkle of the remaining **chilli**, if you want an extra kick.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.