



Harira-Style Lentil and Veggie Stew

with Feta and Toasted Flatbread Wedges

Veggie

Spicy

30 Minutes

Customized Protein **+ Add** **↻ Swap** or ***2 Double**

If you chose to alter your protein, simply follow the **icons and specific instructions** on the back in the sidebar and you're set. You can also refer to your customized recipe online, [visit hellofresh.ca](http://www.hellofresh.ca)

+ Add



Chicken Breast
Tenders*
310 g | 620 g

+ Add



Shrimp
285 g | 570 g



Red Lentils
1 cup | 2 cups



Flatbread
2 | 4



Zucchini
2 | 4



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
1/4 cup | 1/2 cup



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.

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Pantry items | Salt, oil, pepper

Cooking utensils | Baking sheet, large pot, measuring cups, measuring spoons, strainer

1



Prep

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

2



Cook zucchini

- + Add | **Chicken Breast Tenders**
- 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.

3



Start stew

- Heat the same pot over medium.
- When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **mirepoix**. 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.

4



Finish stew

+ Add | **Chicken Breast Tenders**

+ Add | **Shrimp**

- 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 **pepper**. (**TIP**: If you prefer a brothier stew, add extra water, ¼ cup at a time!)

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.

6



Finish and serve

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

Measurements
within steps

1 **tbsp** (2 **tbsp**) **oil**
2 person 4 person Ingredient

2 | Cook chicken and zucchini

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Cook with **zucchini**, increasing **oil** to **1 tbsp** (2 **tbsp**). Cook until **zucchini** is tender and **chicken** is golden-brown and cooked through, 3-4 min per side.**

4 | Finish stew

+ Add | **Chicken Breast Tenders**

Add **chicken** to **stew** with **zucchini**.

4 | Finish stew

+ Add | **Shrimp**

If you've opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Add **shrimp** to **stew** along with **zucchini**. Cook, stirring occasionally, until **shrimp** is cooked through 3-4 min.** Proceed with remaining instructions as written.

* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.