



# Harira-Style Lentil Veggie Stew

with Spiced Pita Wedges and Feta

Veggie

30 Minutes



Red Lentils



Pita Bread



Zucchini



Shallot



Moroccan  
Spice Blend



Vegetable Broth  
Concentrate



Diced Tomatoes



Harissa



Feta Cheese,  
crumbled



Cilantro

HELLO HARIRA

*Inspired by a Moroccan lentil soup!*

## Start here

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

## Bust Out

Baking sheet, measuring spoons, strainer, measuring cups, large non-stick pan, parchment-paper

## Ingredients

	2 Person	4 Person
Red Lentils	113 g	226 g
Pita Bread	2	4
Zucchini	200 g	400 g
Shallot	50 g	100 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Diced Tomatoes	398 ml	796 ml
Harissa 🌶️	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Cilantro	7 g	14 g
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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## Prep

Cut **zucchini** into quarters lengthwise, then into ½-inch thick quarter-moons. Peel, then finely chop **shallot**. Roughly chop **cilantro**. Using a strainer, rinse **lentils**. Cut **each pita** into quarters, then each quarter in half to make **8 wedges** in total (16 wedges for 4 ppl).



## Cook zucchini

Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **zucchini**. Cook, stirring often, until tender-crisp, 3-4 min. Remove pan from the heat, then transfer **zucchini** to a plate.



## Start stew

Heat the same pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4ppl), then **shallots**. Season with **salt**. Cook, stirring occasionally, until softened, 3-4 min. Add **harissa** and **2 tsp Moroccan Spice Blend** (dbl for 4 ppl) and stir until fragrant, 1 min.



## Finish stew

Add **lentils, tomatoes, broth concentrate** and **1 ½ cups water** (dbl for 4 ppl) to the same pan. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 12-15 min. Add **zucchini** and cook, stirring often, until heated through, 1-2 min. Season with **salt** and **pepper**.



## Toast pita

While **stew** simmers, arrange **pita wedges** on a parchment-lined baking sheet. Drizzle the **pita wedges** with **1 tbsp oil** (dbl for 4 ppl), then sprinkle with **remaining Moroccan Spice Blend**. Toss to coat. Season with **salt** and **pepper**. Bake in the **middle** of the oven until golden-brown and crispy, 4-5 min.



## Finish & serve

Divide **stew** between bowls and sprinkle with **feta** and **cilantro**. Serve spiced **pita wedges** on the side for dunking.

## Dinner Solved!