



Harira-Style Lentil Veggie Stew

with Spiced Pita Wedges and Feta

Veggie 30 Minutes



Red Lentils



Pita Bread



Zucchini



Moroccan Spice Blend



Vegetable Broth Concentrate



Crushed Tomatoes with Garlic and Onion



Harissa Spice Blend



Feta Cheese, crumbled



Red Onion, chopped

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.

Bust out

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

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cup
Pita Bread	2	4
Zucchini	400 g	800 g
Moroccan Spice Blend	1 tbsp	2 tbsp
Vegetable Broth Concentrate	1	2
Crushed Tomatoes with Garlic and Onion	370 ml	740 ml
Harissa Spice Blend	1 tbsp	2 tbsp
Feta Cheese, crumbled	¼ cup	½ cup
Red Onion, chopped	56 g	113 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** in half lengthwise, then into ½-inch half-moons. Cut **each pita** into quarters, then each quarter in half to make **8 wedges** in total (16 wedges for 4 ppl). Rinse **lentils** in a strainer until water runs clear.



Finish stew

Add **lentils, crushed tomatoes, broth concentrate** and **1 ½ cups water** (dbl for 4 ppl) to the same pan. Bring to a boil over high. Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 10-15 min. Add **zucchini**. Cook, stirring often, until heated through, 1-2 min. Season with **salt** and **pepper**.



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 heat, then transfer **zucchini** to a plate.



Toast pita wedges

While **stew** simmers, add **pita wedges, remaining Moroccan Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a baking sheet. Season with **salt** and **pepper**, then toss to coat. Arrange in a single layer. Bake in the **middle** of the oven, until golden-brown and crispy, 4-5 min.



Start stew

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



Finish and serve

Divide **stew** between bowls, then sprinkle **feta** over top. Serve **spiced pita wedges** on the side for dunking.

Dinner Solved!