



MAY
2017

Spiced Moroccan Lentil and Chickpea Soup

with Sour Cream and Toasted Pita

Ras-El-Hanout is a spice blend common in North African cuisine, and features heavily in Moroccan cuisine. Blends can be slightly different depending on the region and can contain anywhere from 10 to 100 different spices! This spice is what makes this soup so flavourful and aromatic!



Red Lentils



Chickpeas



Pita



Red Onion



Cilantro



Tomato Passata



Ras-El-Hanout
Seasoning



Vegetable Broth
Concentrate




Sour Cream



Cayenne

Ingredients

	2 People
Red Lentils	1 pkg (113 g)
Chickpeas	1 box
Pita	2
Red Onion, diced	1 pkg (56 g)
Cilantro	1 pkg (10 g)
Tomato Passata	1 box
Ras-El-Hanout Seasoning	1 pkg (1 tbsp)
Cayenne 	1 pkg (1 tsp)
Vegetable Broth Concentrate	2 pkg
Sour Cream	1 pkg (3 tbsp)
Olive or Canola Oil*	

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait

Tools

Strainer, Large Pot, Measuring Cups

Nutrition per person Calories: 812 cal | Fat: 13 g | Protein: 41 g | Carbs: 126 g | Fibre: 27 g | Sodium: 1118 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Ruler

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2



1 Preheat the oven to 425°F (to warm the pitas). Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Rinse the **lentils**. Drain and rinse the **chickpeas**. Roughly chop the **cilantro**.

3



3 Start the soup: Heat a large pot over medium heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring, until golden-brown, 6-7 min. Add the **lentils, chickpeas, tomato passata**, Ras-El-Hanout seasoning, **broth concentrates**, **4 cups water** and as much **cayenne** as you like. Bring to a gentle boil and cook, stirring occasionally, until the lentils are soft, 20-22 min. Season with **salt** and **pepper**.

3



4 Warm the pitas: Wrap the **pitas** in tin foil and place in the oven to warm for 4-5 min. (You can skip this step if you don't want to warm the pitas!)

5



5 Finish and serve: Divide the **soup** between bowls. Sprinkle with the **cilantro** and dollop with **sour cream**. Serve with the **pitas** on the side. Enjoy!

DID YOU KNOW? Chickpeas, also known as 'garbonzo beans,' are high in a nutrient called 'folate.' This B-vitamin is important for healthy nervous system function. It also helps to reduce the risk of heart disease.

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