



MOROCCAN SPICED RED LENTILS WITH CAULIFLOWER RICE & CHOPPED CUCUMBER SALAD

SERVES 2 OR 4

TIME: 25 MIN

CALORIES: 650/SERVING



Red lentils get cooked with smoky stewed tomatoes and Moroccan spices to create the most satisfying stew. Paired with tender cauliflower rice, a quick fresh cucumber salad, and coconut yogurt to complement the warming spices of the lentil stew.

WHAT YOU'LL NEED

- Small pot
- Large pan
- Oil
- Salt
- Pepper



OUR PRODUCE IS FRESH SO PLEASE WASH BEFORE USE!

WHAT'S INSIDE

	2 servings	4 servings
Red lentils	1 cup	2 cups
Shallot	1	2
Garlic	1 clove	2 cloves
Spice blend	1 tbsp	2 tbsp
Diced tomatoes	1 cup	2 cups
Cauliflower rice	2 cups	4 cups
Cucumbers	2	4
Mint	1 sprig	2 sprigs
Parsley	1/8 bunch	1/4 bunch
Lemon	1	1
Coconut yogurt	1/3 cup	2/3 cup

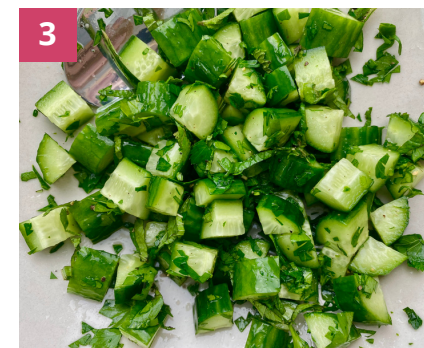
Nutrition Facts	
Valeur nutritive	
Per Serving (661 g)	
pour 1 (661 g)	
Calories 650	% Daily Value*
Fat / Lipides 18 g	% valeur quotidienne* 24 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 93 g	
Fibre / Fibres 36 g	129 %
Sugars / Sucres 15 g	15 %
Protein / Protéines 33 g	
Cholesterol / Cholestérol 0 mg	0 %
Sodium 400 mg	17 %
Potassium 450 mg	10 %
Calcium 175 mg	13 %
Iron / Fer 10 mg	56 %
*5% or less is a little 15% or more is a lot	
*5% ou moins c'est peu 15% ou plus c'est beaucoup	



Prep your ingredients: rinse the **lentils**, finely dice the **shallot** and **garlic**, dice the **cucumber**, finely slice the **mint** and **parsley**, and slice the **lemon** into wedges.



Heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat in a small pot. Add the **shallot** and sauté until soft. Mix in the **garlic, spices**, 1/4 tsp of **salt** (1/2 tsp for 4 servings), and **red lentils**. Add the **tomatoes** with 1.5 cups of **water** (3 cups for 4 servings). Bring to a simmer, cover, and cook for 10-15 minutes.



Meanwhile, mix the **cucumbers** with the **herbs** and the **juice of 1/4 of the lemon**. Season with a pinch of **salt** and **pepper** and place in the fridge until ready to serve.



In a large pan, heat 1 tbsp of **oil** (2 tbsp for 4 servings) over medium heat. Add the **cauliflower rice** and cook, stirring occasionally until cooked through and slightly crispy.



Divide the **cauliflower rice**, **lentils**, and **salad** between bowls and top with **coconut yogurt** and **lemon wedges**.