



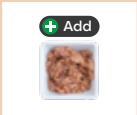
Spiced Lentil Stew

with Apples, Homemade Croutons and Pepitas

Veggie

Spicy

30 Minutes



Mild Italian Sausage, uncased
250 g | 500 g

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)



Red Lentils
½ cup | 1 cup



Gala Apple
1 | 2



Yellow Onion
1 | 2



Curry Paste
2 tbsp | 4 tbsp



Moroccan Spice Blend
1 tbsp | 2 tbsp



Vegetable Broth Concentrate
2 | 4



Ciabatta Roll
1 | 2



Pepitas
28 g | 56 g



Cilantro
7 g | 14 g



Baby Spinach
56 g | 113 g



Carrot
1 | 2



Sweet Potato
1 | 2

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.

1



Make croutons and toast pepitas

- Before starting, preheat the oven to 375°F.
- Wash and dry all produce.

- Cut **ciabatta** into 1-inch pieces.
- Add **ciabatta pieces** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Toast in the **top** of the oven, stirring halfway through, until **croutons** are golden, 14-16 min.
- At the halfway mark, add **pepitas** to the baking sheet.
- Toast **pepitas** and **croutons** for the remainder of the cook time, until golden.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise and cut into ¼-inch half-moons.
- Peel, core, then cut **apple** into ½-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Peel, then cut **sweet potato** into ½-inch pieces.

3



Start stew

- + Add | **Mild Italian Sausage, uncased**
- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until **onions** soften slightly, 2-3 min.
- Add **sweet potatoes, carrots, Moroccan Spice Blend** and **curry paste**. Cook, stirring often, until fragrant, 30 sec. Season with **salt**.

4



Simmer stew

- Add **lentils, broth concentrate** and **2 ¼ cups** (4 ½ cups) **water** to the pot with **veggies**.
- Season with **salt** and **pepper**. Bring to a boil over high.
- Once boiling, add **apples**. Reduce heat to medium.
- Cover and cook, stirring occasionally, until **veggies** are tender and **apples** are soft, 8-10 min. (**TIP:** If you prefer a thinner stew, add water until stew reaches desired consistency. If you prefer a thicker stew, continue cooking with the lid off.)

5



Finish stew

- Add **spinach**, then stir until wilted, 1-2 min. Season with **salt** and **pepper**.

6



Finish and serve

- Roughly chop **cilantro**.
- Divide **stew** between bowls.
- Sprinkle with **cilantro** and **pepitas**, then top with **croutons**.

3 | Start stew

+ Add | Mild Italian Sausage, uncased

If you've opted to add **sausage**, when the pan is hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **sausage** along with **onions**. Season with **salt** and **pepper**. Cook, breaking up **sausage** and stirring often until **onions** have softened and **sausage** is cooked through, 4-6 min.** Follow the rest of the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F.