



# Cozy Dal-Style Coconut Lentil Stew

## with Grilled Cheese Toasties

Veggie

Spicy

25 Minutes

Customized Protein

+ Add

Swap

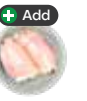
or

\*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](https://www.hellofresh.ca)



Shrimp  
285 g | 570 g



Chicken Thighs  
280 g | 560 g



Red Lentils  
½ cup | 1 cup



Coconut Milk  
2 | 4



Vegetable Stock Powder  
15 g | 30 g



Sweet Potato  
2 | 4



Baby Spinach  
56 g | 113 g



Cilantro  
7 g | 14 g



Ginger-Garlic Puree  
2 tbsp | 4 tbsp



Indian Spice Mix  
9 g | 18 g



Shallot  
1 | 2



Artisan Bun  
2 | 4



Curry Paste  
2 tbsp | 4 tbsp



Cheddar Cheese, shredded  
½ cup | 1 cup

**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.*

Ingredient quantities 56 g | 113 g  
2-serving | 4-serving

Pantry items | Pepper, butter, salt

Cooking utensils | 2 baking sheets, large pot, measuring spoons, parchment paper, vegetable peeler

1



## Prep

- Before starting, preheat the oven to 450°F.
- Remove **2 tbsp** (4 tbsp) **butter** from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.
- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Peel, then cut **sweet potato** into ¼-inch pieces.

4



## Bake toasties

- Meanwhile, halve **buns**.
- Spread **2 tbsp** (4 tbsp) **softened butter** on cut sides.
- On a parchment-lined baking sheet, arrange **bottom buns**, buttered-side down. Carefully top with **cheese**. Arrange **top buns** on **bottom buns**, buttered-side up.
- Place another piece of parchment paper over top of **buns**, then press down with another baking sheet to flatten slightly.
- Keep the top sheet on and bake **toasties** in the **bottom** of the oven for 4-5 min per side, until **cheese** melts and **buns** are browned and crisp.

2



## Cook aromatics

- **+ Add | Chicken Thighs**
- Heat a large pot over medium.
- When hot, add **1 tbsp** (2 tbsp) **butter**, then swirl until melted.
- Add **shallots**. Cook for 2-3 min, stirring often, until slightly softened.
- Add **Indian Spice Mix**, **ginger-garlic puree** and **curry paste**. Cook, stirring constantly, for 30 sec, until fragrant.

5



## Finish stew

- **+ Add | Shrimp**
- To the **stew**, add **spinach** and **half the cilantro**.
- Cook for 1-2 min, stirring occasionally, until **spinach** wilts.
- Season with **salt** and **pepper**.

3



## Start stew

- To the pot, add **sweet potato**, **lentils**, **stock powder** and **coconut milk**.
- Fill **half the coconut milk can** with **water** (three-quarters of the can for 4 servings), then add to the pot. Season with **salt** and **pepper**, then stir to combine.
- Bring to a simmer over medium-high. Once simmering, reduce heat to medium-low.
- Cover partially and cook for 12-14 min, stirring occasionally, until **sweet potato** is tender.

6



## Finish and serve

- Divide **lentil stew** between bowls.
- Sprinkle **remaining cilantro** over top.
- Cut **toasties** in half and serve alongside.

Measurements within steps

1 tbsp	(2 tbsp)	oil
2-serving	4-serving	Ingredient

**For 6 servings**  
If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

## 2 | Cook aromatics and chicken

**+ Add | Chicken Thighs**

If you opted to add **chicken thighs**, pat **chicken** dry with paper towels, then cut into 1-inch pieces. Season with **salt** and **pepper**. Add **chicken** to the pot along with **shallots**. Cook for 2-3 min, stirring often, until **chicken** is golden and **shallots** are slightly softened. (**NOTE:** It's okay if chicken doesn't cook all the way through. Chicken will continue cooking in step 3.\*\*\*) Proceed with remaining instructions as written.

## 5 | Cook shrimp and finish stew

**+ Add | Shrimp**

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Add **shrimp** to the **stew** along with **spinach**. Cook for 3-4 min, stirring occasionally, until **spinach** wilts and **shrimp** just turn pink, 3-4 min.\*\*

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

\*\* Cook to a minimum internal temperature of 165°F.