



BBQ Stovetop Lentils

with Cheese Curd Toasts and Creamy Apple Slaw

Veggie 30 Minutes



Red Lentils



Yellow Onion



Tomato Sauce Base



Coleslaw Cabbage Mix



Gala Apple



Parsley



Mayonnaise



Sour Cream



White Wine Vinegar



Ciabatta Roll



Cheese Curds



Garlic, cloves



BBQ Seasoning



BBQ Sauce

HELLO BBQ SEASONING

This spice is the perfect blend of sweet, savoury and smoky!

Start here

- Before starting, preheat the broiler to high.
- Wash and dry all produce.

Bust out

Baking sheet, measuring spoons, silicone brush, strainer, box grater, medium pot, large bowl, small bowl, measuring cups, whisk

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cup
Yellow Onion	113 g	227 g
Tomato Sauce Base	4 tbsp	8 tbsp
Coleslaw Cabbage Mix	170 g	340 g
Gala Apple	1	2
Parsley	7 g	14 g
Mayonnaise	2 tbsp	4 tbsp
Sour Cream	3 tbsp	6 tbsp
White Wine Vinegar	1 tbsp	2 tbsp
Ciabatta Roll	2	4
Cheese Curds	113 g	227 g
Garlic, cloves	2	4
BBQ Seasoning	1 tbsp	2 tbsp
BBQ Sauce	4 tbsp	8 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

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.

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Prep

Rinse **lentils** in a strainer until **water** runs clear. Set aside. Peel, then cut **onion** into ½-inch pieces. Peel, then mince or grate **garlic**. Heat a medium pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **half the garlic**. Cook, stirring often, until fragrant, 1-2 min.



Finish lentils

Once **lentils** are tender and **water** has been absorbed, stir **tomato sauce base** and **BBQ Seasoning** into the pot (from step 2). Season with **½ tsp salt** and **pepper**. Cook, stirring often, until **sauce** thickens slightly, 2-3 min. Remove the pot from heat and stir in **BBQ sauce**.



Start lentils

Add **lentils** and **2 ¼ cups water** (dbl for 4 ppl) to the same pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 10-15 min. Season with **pepper**.



Toast buns

Stir together **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl. Halve **rolls**. Arrange on an unlined baking sheet, cut-side up. Brush **garlic oil** over **each roll**, then divide **cheese curds** over tops. Broil **rolls** in the **middle** of the oven until **cheese** melts, 1-2 min. (**NOTE:** Keep an eye on rolls so they don't burn!)



Make slaw

While **lentils** cook, finely chop **parsley**. Whisk together **mayo**, **sour cream** and **vinegar** in a large bowl. Season with **salt** and **pepper**. Grate **apple** into the large bowl using a box grater, then add **coleslaw mix** and **half the parsley**. Toss to combine.



Finish and serve

Divide **BBQ lentils** between bowls. Sprinkle with **remaining parsley**. Serve **cheesy toasts** and **apple slaw** alongside.

Dinner Solved!