



# Cozy Daal-Style Coconut Lentil Stew

with Grilled Cheese Toasties

Veggie

Spicy

Quick

25 Minutes



Red Lentils



Coconut Milk



Butternut Squash, cubes



Cilantro



Indian Spice Mix



White Cheddar Cheese, shredded



Spicy Curry Paste



Shrimp



Vegetable Broth Concentrate



Baby Spinach



Ginger



Shallot



Brioche Bun

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to add shrimp, simply follow the instructions on the back of this card and you're set.

Happy cooking!

### HELLO SPICY CURRY PASTE

*This aromatic puree of spices is the perfect base for many curries!*

## Start here

- Before starting, preheat the oven to 450°F.
- Remove 2 tbsp butter (dbl for 4 ppl) from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

## Bust out

2 Baking sheets, measuring spoons, parchment paper, large pot

## Ingredients

|                                | 2 Person | 4 Person |
|--------------------------------|----------|----------|
| Red Lentils                    | ½ cup    | 1 cup    |
| Shrimp                         | 285 g    | 570 g    |
| Coconut Milk                   | 400 ml   | 800 ml   |
| Vegetable Broth Concentrate    | 2        | 4        |
| Butternut Squash, cubes        | 170 g    | 340 g    |
| Baby Spinach                   | 56 g     | 113 g    |
| Cilantro                       | 7 g      | 7 g      |
| Ginger                         | 15 g     | 30 g     |
| Indian Spice Mix               | 1 tbsp   | 2 tbsp   |
| Shallot                        | 50 g     | 100 g    |
| White Cheddar Cheese, shredded | ½ cup    | 1 cup    |
| Brioche Bun                    | 2        | 4        |
| Spicy Curry Paste 🍛            | 2 tbsp   | 4 tbsp   |
| Unsalted Butter*               | 3 tbsp   | 6 tbsp   |
| Salt and Pepper*               |          |          |

\* Pantry items

\*\* Cook to a minimum internal temperature of 74°C/165°F, as size may vary.

## 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.*

## Contact

Call us | (855) 272-7002

HelloFresh.ca

    @HelloFreshCA



## Prep

- Peel, then finely mince or grate **1 tbsp ginger** (dbl for 4 ppl).
- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **cilantro**.



## Cook aromatics

- Heat a large pot over medium heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **shallots**. Cook, stirring often, until slightly softened, 2-3 min.
- Add **ginger**. Cook, stirring constantly, until fragrant, 30 sec.
- Sprinkle **Indian Spice Mix** into the pan and add **curry paste**. Cook, stirring often, until fragrant, 30 sec.

Heat a large non-stick pan over medium-high heat. While the pan heats, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **shrimp**. Cook, stirring occasionally, until **shrimp** just turn pink, 2-3 min. \*\* Transfer **shrimp** to a plate.



## Bake toasties

- Meanwhile, halve **buns**. Spread **2 tbsp softened butter** (dbl for 4 ppl) on cut sides.
- Arrange **bottom buns** on a parchment-lined baking sheet, 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 **middle** of the oven, flipping halfway through, until **cheese** melts and **buns** are golden-brown and crisp, 4-5 min per side.



## Start stew

- Add **squash, lentils, broth concentrates** and **coconut milk** to the pot with **aromatics**.
- Fill **half the coconut milk can** with **water** (whole can for 4 ppl), 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 and cook, stirring occasionally, until **squash** is tender, 12-14 min. (TIP: Add ¼ cup water to loosen stew, if necessary.)



## Finish stew

- Add **spinach** and **half the cilantro** to **stew**. Cook, stirring occasionally, until **spinach** wilts, 1-2 min.
- Season with **salt** and **pepper**, to taste.

Add **shrimp** to **stew** alongside **spinach** and **half the cilantro**.



## Finish and serve

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

## Dinner Solved!