



Italian Lentil and Mushroom Stew on Creamy Mashed Potatoes

Veggie

30 Minutes



Lentils, canned



Mushrooms



Yellow Potato



Garlic



Mirepoix



Baby Spinach



Soy Sauce



Italian Seasoning



Tomato Sauce
Base



Cream Cheese



Parsley

HELLO LENTILS

High in fibre, low in carbs and perfect for a cozy supper!

Start here

Before starting, wash and dry all produce.

Bust out

Colander, measuring spoons, potato masher, measuring cups, large pot, large non-stick pan

Ingredients

	2 Person	4 Person
Lentils, canned	398 ml	796 ml
Mushrooms	227 g	454 g
Yellow Potato	360 g	720 g
Garlic	6 g	12 g
Mirepoix	113 g	227 g
Baby Spinach	56 g	113 g
Soy Sauce	1 tbsp	2 tbsp
Italian Seasoning	1 tbsp	2 tbsp
Tomato Sauce Base	2 tbsp	4 tbsp
Cream Cheese	2 tbsp	4 tbsp
Parsley	7 g	14 g
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1



Prep

Thinly slice **mushrooms**. Peel, then mince or grate **garlic**. Roughly chop **parsley**. Cut **potatoes** into 1-inch pieces.

2



Cook potatoes

Combine **potatoes**, **2 tsp salt** and enough **water** to cover (by approx. 1 inch) in a large pot (use same for 4 ppl). Cover and bring to a boil over high heat. Once boiling, reduce heat to medium. Simmer uncovered, until fork-tender, 10-12 min.

3



Cook veggies

While **potatoes** cook, heat a large non-stick pan over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mushrooms**. Cook, stirring often, until beginning to brown, 2-3 min. Add **½ tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until **veggies** are tender, 3-4 min.

4



Make stew

Add **garlic**, **tomato sauce base** and **Italian Seasoning** to the pan with **veggies**. Cook, stirring often, until fragrant, 1-2 min. Add **lentils**, including **liquid**, and **soy sauce**. Reduce heat to medium and simmer, stirring occasionally, until **stew** thickens slightly, 5-8 min. Season with **salt** and **pepper**. Add **spinach** and stir until wilted, 1 min.

5



Finish potatoes

When **potatoes** are fork-tender, reserve **¼ cup potato cooking water** (dbl for 4 ppl), then drain and return **potatoes** to the same pot, off heat. Mash **cream cheese** and **2 tbsp butter** (dbl for 4 ppl) into **potatoes** until creamy. Season with **salt** and **pepper**, then stir in **half the parsley**. For a lighter consistency, add **reserved potato water**, **1-2 tbsp** at a time, if desired.

6



Finish and serve

Divide **mashed potatoes** between bowls. Top with **lentil stew**. Sprinkle **remaining parsley** over top.

Dinner Solved!