



# Lentil-Veggie Mulligatawny

with Cilantro and Basmati Rice













Veggie

30 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!

-  Lentils, canned
-  Indian Spice Mix
-  Mirepoix
-  Ginger
-  Garlic
-  Basmati Rice
-  Vegetable Broth Concentrate
-  Coconut Milk
-  Cilantro
-  Mango Chutney
-  Chana Dal
-  Baby Spinach

HELLO MULLIGATAWNY  
A traditional Indian curry stew!

## Start here

Before starting, wash and dry all produce.

## Bust Out

Potato masher, strainer, medium pot, measuring cups, measuring spoons, large pot

## Ingredients

	2 Person	4 Person
Lentils, canned	398 ml	796 ml
Indian Spice Mix	1 tbsp	2 tbsp
Mirepoix	227 g	454 g
Ginger	30 g	60 g
Garlic	9 g	18 g
Basmati Rice	¾ cup	1 ½ cup
Vegetable Broth Concentrate	2	4
Coconut Milk	165 ml	400 ml
Cilantro	7 g	14 g
Mango Chutney	2 tbsp	4 tbsp
Chana Dal	28 g	56 g
Baby Spinach	56 g	113 g
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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## Cook rice

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



## Prep

Drain and rinse **lentils**. Roughly chop **cilantro**. Roughly chop **spinach**. Peel, then mince or grate **ginger** and **garlic**.



## Cook veggies

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until softened, 5-6 min. Add the **garlic, ginger** and **Indian spice mix**. Cook, stirring often, until fragrant, 1-2 min. Season with **salt** and **pepper**.



## Start stew

Stir in **lentils, mango chutney, coconut milk, broth concentrates** and **1 ¼ cups water** (dbl for 4 ppl), scraping up any **browned bits** from the bottom of the pot. Bring to a boil over high heat, then reduce heat to medium-low. Simmer, stirring occasionally, until slightly thickened, 6-8 min.



## Finish stew

Remove **stew** from the heat. Using a masher, roughly mash **stew**. (**NOTE:** It's ok if it's not fully mashed!) Add **spinach** and stir, until wilted, 1-2 min. Season with **salt** and **pepper**.



## Finish and serve

Fluff the **rice** with a fork. Season with **salt**. Divide **rice** between bowls. Top with **Mulligatawny stew**. Sprinkle over **cilantro** and **chana dal**.

## Dinner Solved!