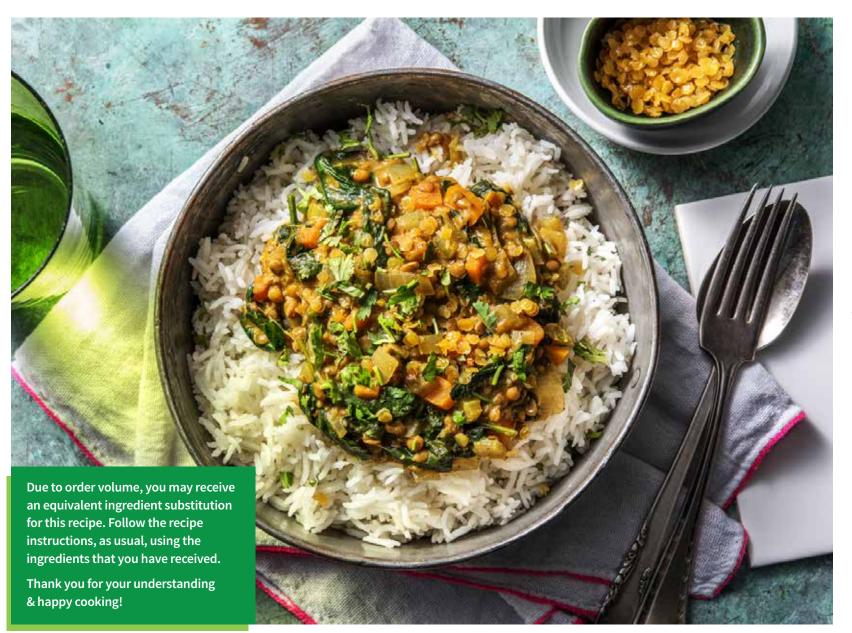


# Lentil-Veggie Mulligatawny

with Cilantro and Basmati Rice

Veggie

30 Minutes





Lentils, canned





Indian Spice Mix



Mirepoix



Ginger







Vegetable Broth Concentrate



Cilantro



Coconut Milk

Mango Chutney



Chana Dal



**Baby Spinach** 

# Start here

Before starting, wash and dry all produce.

#### **Bust Out**

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

# Ingredients

ingi edients		
	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*		

<sup>\*</sup> 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 1/4 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!**