



Lentil-Veggie Mulligatawny

with Cilantro and Basmati Rice

Veggie

30 Minutes



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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You may receive an equivalent ingredient substitution for this recipe. Follow the instructions with the ingredients received. Thank you for your understanding and happy cooking!

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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

While **rice** cooks, drain and rinse **lentils**. Roughly chop **cilantro** and **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!