



# Smart Beef and Lentil Stew

with Charred Peppers and Feta

Calorie Smart

Carb Smart

35 Minutes



-  Ground Beef
-  Ground Turkey
-  Lentils
-  Aromatics Blend
-  Beef Broth Concentrate
-  Tomato Sauce Base
-  Moroccan Spice Blend
-  Sweet Bell Pepper
-  Garlic, cloves
-  Feta Cheese, crumbled
-  Kale, chopped
-  Red Wine Vinegar

### CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap your protein, simply follow the instructions on the back of this card and you're set.  
Happy cooking!

HELLO SWEET PEPPERS

*A sweet pepper is just a green pepper that has been left on the vine to ripen!*

## Start here

Before starting, wash and dry all produce.

### Bust out

Medium bowl, measuring spoons, medium pot, measuring cups

### Ingredients

	2 Person	4 Person
Ground Beef	250 g	500 g
Ground Turkey	250 g	500 g
Lentils	370 ml	740 ml
Aromatics Blend	113 g	227 g
Beef Broth Concentrate	1	2
Tomato Sauce Base	2 tbsp	4 tbsp
Moroccan Spice Blend	1 tbsp	2 tbsp
Sweet Bell Pepper	160 g	320 g
Garlic, cloves	3	6
Feta Cheese, crumbled	¼ cup	½ cup
Kale, chopped	56 g	113 g
Red Wine Vinegar	½ tbsp	1 tbsp
Oil*		
Salt and Pepper*		

\* Pantry items

\*\* Cook beef and turkey to a minimum internal temperature of 74°C/165°F.

### 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

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### Prep

- Core, then cut **pepper** into ½-inch pieces.
- Peel, then mince or grate **garlic**.
- Add **kale**, ½ **tbsp vinegar** and ½ **tbsp oil** (dbl both for 4 ppl) to a medium bowl. Season with **salt** and **pepper**. Using your hands, massage **oil** into **kale** to soften leaves, 30 sec.



### Start stew

- Add **tomato sauce base**, **Moroccan Spice Blend** and **garlic**. Cook, stirring often, until fragrant, 30 sec.
- Add **lentils** with their **liquid**, **broth concentrate** and **1 ½ cups water** (2 ½ cups for 4 ppl). Bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **stew** thickens slightly, 6-8 min.



### Char peppers

- Heat a medium pot (large pot for 4 ppl) over medium-high heat.
- When hot, add ½ **tbsp oil** (dbl for 4 ppl), then **peppers**. Cook, stirring often, until tender-crisp and charred in spots, 3-4 min.
- Transfer **peppers** to bowl with **kale**.



### Finish stew

- Add **peppers** and **kale**. Cook, stirring occasionally, until **peppers** are warmed through and **kale** wilts, 3-4 min.



### Cook beef

- Reheat the same pan over medium. Add ½ **tbsp oil** (dbl for 4 ppl), then **beef**, **Aromatics Blend** and ¼ **tsp salt** (dbl for 4 ppl). Season with **pepper**.
- Cook, breaking up **beef** into smaller pieces, until no pink remains, 4-5 min.\*\*

If you've opted to get **turkey**, cook it in the same way the recipe instructs you to cook **beef**\*\*



### Finish and serve

- Divide **stew** between bowls.
- Sprinkle **feta** over top.

## Dinner Solved!