



Smart Beef and Lentil Stew

with Charred Peppers and Feta

Calorie Smart

Carb Smart

35 Minutes



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!

-  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

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!