



Smoky Lentil Tacos

with Charred Corn and Peppers

Veggie

Spicy

35 Minutes



Red Lentils



Flour Tortillas



Mexican Seasoning



Yellow Onion



Vegetable Broth Concentrate



Chipotle Powder



Baby Spinach



Lime



Canned Corn



Poblano Pepper, chopped



Cilantro



Sour Cream

HELLO CHIPOTLE POWDER

Smoked jalapeño peppers are dried, then ground into a spicy powder!

Start here

Before starting, wash and dry all produce.

Heat Guide for Step 3 (dbl for 4 ppl):

- Mild: ¼ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp

Bust out

Measuring spoons, strainer, zester, medium pot, large bowl, small bowl, measuring cups, whisk, large non-stick pan, paper towels

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cups
Flour Tortillas	6	12
Mexican Seasoning	2 tbsp	4 tbsp
Yellow Onion	56 g	113 g
Vegetable Broth Concentrate	1	2
Chipotle Powder 🌶️	½ tsp	1 tsp
Baby Spinach	56 g	113 g
Lime	1	1
Canned Corn	½ can	1 can
Poblano Pepper, chopped 🌶️	113 g	226 g
Cilantro	7 g	7 g
Sour Cream	6 tbsp	12 tbsp
Sugar*	½ tsp	1 tsp
Oil*		
Salt and Pepper*		

* Pantry items

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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Cook lentils and prep

- Using a strainer, rinse **lentils** until **water** runs clear.
- Add **lentils** and **enough water** to cover by 1-inch to a medium pot. Cover and bring to a boil over high heat.
- Once boiling, reduce heat to medium-low. Cover and cook until **lentils** soften, 6-8 min. Reserve **½ cup cooking water** (dbl for 4 ppl), then drain **lentils**.
- Meanwhile, peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl).
- Drain and rinse **corn**.



Finish lentils

- When **lentils** are tender, add **lentils**, **broth concentrate** and **reserved cooking water** to the pan with **onions**. Simmer, stirring occasionally, until **sauce** thickens slightly, 4-5 min. (**TIP:** For saucier lentils, add more water, 1 tbsp at a time!)
- Remove the pan from heat.
- Roughly chop **cilantro**.
- Stir **cilantro** into **lentils**, then season with **salt** and **pepper**, to taste.



Cook corn and poblanos

- Heat a large non-stick pan over medium-high heat.
- When hot, add **½ tbsp oil** (dbl for 4 ppl), then **poblanos**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Add **half the corn** (use all for 4 ppl). Cook, stirring occasionally, until warmed through, 1-2 min. Season with **salt** and **pepper**, to taste.
- Transfer **veggies** to a plate, then cover to keep warm.



Make salad and warm tortillas

- Zest, then juice **lime**.
- Whisk together **1 tbsp lime juice**, **½ tsp sugar** and **2 tbsp oil** (dbl all for 4 ppl) in a large bowl.
- Add **spinach**. Season with **salt** and **pepper**, then toss to coat.
- Wrap **tortillas** in paper towels. Microwave until **tortillas** are warm and flexible, 1 min. (**TIP:** You can skip this step if you don't want to warm the tortillas!)



Cook onions

- Reduce heat to medium. Add **1 tbsp oil** (dbl for 4 ppl), then **onions** to the same pan. Cook, stirring occasionally, until softened, 3-4 min.
- Add **Mexican Seasoning** and **½ tsp chipotle powder**. (**NOTE:** Reference heat guide.) Cook, stirring often, until fragrant, 30 sec.



Finish and serve

- Add **lime zest** and **sour cream** to a small bowl. Season with **salt** and **pepper**, then stir to combine.
- Divide **chipotle lentils** between **tortillas**, then top with **corn** and **poblanos**.
- Dollop **lime crema** over top.
- Divide **tacos** and **salad** between plates.

Dinner Solved!