



Spiced Apple Lentil Stew

with Homemade Croutons and Pepitas

Veggie

25 Minutes



Red Lentils



Gala Apple



Yellow Onion



Indian Spice Mix



Moroccan Spice Blend



Vegetable Broth Concentrate



Ciabatta Roll



Pepitas



Cilantro



Baby Spinach



Carrot



Butternut Squash, cubes

HELLO LENTILS

High in fibre, low in carbs and perfect for stews!

Start here

- Before starting, preheat the oven to 375°F.
- Wash and dry all produce.

Bust out

Baking sheet, vegetable peeler, measuring spoons, measuring cups, large pot

Ingredients

	2 Person	4 Person
Red Lentils	½ cup	1 cup
Gala Apple	1	2
Yellow Onion	113 g	226 g
Indian Spice Mix	1 tbsp	2 tbsp
Moroccan Spice Blend	1 tbsp	2 tbsp
Vegetable Broth Concentrate	2	4
Ciabatta Roll	1	2
Pepitas	28 g	28 g
Cilantro	7 g	7 g
Baby Spinach	56 g	113 g
Carrot	170 g	340 g
Butternut Squash, cubes	170 g	340 g
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.

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Make croutons and toast pepitas

Cut **ciabatta** into 1-inch pieces, then add to an unlined baking sheet. Drizzle **1 tbsp oil** (dbl for 4 ppl) over top, then sprinkle with **1 tsp Indian Spice Mix** (dbl for 4 ppl). Season with **salt** and **pepper**, then toss to coat. Toast in the **top** of the oven, stirring halfway through, until **croutons** are golden-brown, 14-16 min. At the halfway mark, add **pepitas** to the baking sheet. Toast **pepitas** with **croutons** for the remainder of the cook time, until nutty and golden.



Simmer stew

Add **lentils**, **broth concentrate** and **2 ¾ cups water** (dbl for 4 ppl) to the pot with **veggies**. Season with **salt** and **pepper**. Bring to a boil over high heat. Once boiling, reduce heat to medium. Add **apples**. Cover and cook, stirring occasionally, until **veggies** are tender, 8-10 min.



Prep

While **croutons** toast, peel, then halve **carrot** lengthwise, then cut into ¼-inch half-moons. Peel, core, then cut **apple** into ½-inch pieces. Peel, then cut **onion** into ¼-inch pieces. Roughly chop **cilantro**.



Finish stew

Add **spinach**, then stir until wilted, 1-2 min. (**TIP:** Add ¼ cup water if stew is too thick.) Season with **salt** and **pepper** to taste.



Start stew

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions**. Cook, stirring occasionally, until softened slightly, 2-3 min. Add **squash**, **carrots**, **Moroccan Spice Blend** and **remaining Indian Spice Mix**. Cook, stirring often, until fragrant, 30 sec.



Finish and serve

Divide **stew** between bowls. Sprinkle with **cilantro** and **pepitas**, then top with **croutons**.

Dinner Solved!