



JAN 2017

Spiced Carrot and Lentil Stew

with Herb Focaccia

We're all committed to New Year resolutions of healthy eating, but we still need our comfort foods. This veggie-packed stew checks both boxes!

Prep 30 min

level 1



Red Lentils



Mini Yukon Potatoes



Carrot



Celery



Onion



Garlic



Diced Tomatoes



Sir Lankan Spice



Cilantro




Vegetable Broth Concentrate



Cheese & Herb Focaccia

Ingredients

	2 People	4 People
Red Lentils	1 pkg (113 g)	2 pkg (227 g)
Mini Yukon Potatoes	1 pkg (170 g)	2 pkg (340 g)
Carrot, diced	1 pkg (170 g)	2 pkg (340 g)
Celery, diced	1 pkg (170 g)	2 pkg (340 g)
Onion, diced	1 pkg (56 g)	2 pkg (113 g)
Garlic	1 pkg (10 g)	2 pkg (20 g)
Diced Tomatoes	1 can	2 cans
Sir Lankan Spice Blend  3)	1 pkg (1 tsp)	1 pkg (1 tsp)
Cilantro	1 pkg (7 g)	2 pkg (14 g)
Vegetable Broth Concentrate	1	2
Cheese and Herb Focaccia 1) 2)	1	2
Sugar*	¼ tsp	½ tsp
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Soy/Soja

Tools

Strainer, Medium Pot, Measuring Cups, Baking Sheet

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 675 cal | Fat: 12 g | Protein: 31 g | Carbs: 116 g | Fiber: 16 g | Sodium: 916 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat over to 200°F (To warm up the focaccia.)

2 Prep: Wash and dry all produce. Mince or grate the **garlic**. Roughly chop the **cilantro**. Cut the **potato** into ½-inch cubes. Rinse the **lentils** in a strainer.

3



3 Start the soup: Heat a medium pot over medium-high heat. Add a drizzle of **oil**, then the **onion**. Cook until golden-browned, 5-6 min. Add the **carrot, celery, garlic, lentils, potatoes, diced tomatoes, broth concentrate(s), 2½ cups water** (double for 4 people) and as much **Sir Lankan spice blend** as you dare! Gently boil until the potatoes are fork-tender, 12-15 min. Season with **salt, pepper** and **sugar** to taste.

4 Warm the focaccia: Meanwhile, place the **focaccia** on a baking sheet. Bake in the centre of the oven until warmed and ready to serve.

3



5 Finish and serve: Divide the **soup** into bowls and sprinkle with **cilantro**. Serve with warm **focaccia**. Enjoy!

DID YOU KNOW? The combination of onion, carrot and celery is called "mirepoix" in French cooking. It is a classic trio of ingredients used as the flavour base for many recipes, such as stocks, soups, stews and sauces.

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