



Spiced Lentil Stew

with Apples, Homemade Croutons and Pepitas

Veggie

30 Minutes



Red Lentils



Gala Apple



Yellow Onion



Mild Curry Paste



Moroccan Spice Blend



Vegetable Broth Concentrate



Ciabatta Roll



Pepitas



Cilantro



Baby Spinach



Carrot



Sweet Potato

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
Mild Curry Paste	2 tbsp	4 tbsp
Moroccan Spice Blend	1 tbsp	2 tbsp
Vegetable Broth Concentrate	2	4
Ciabatta Roll	1	2
Pepitas	28 g	56 g
Cilantro	7 g	14 g
Baby Spinach	56 g	113 g
Carrot	170 g	340 g
Sweet Potato	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.

Contact

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Make croutons and toast pepitas

- Cut **ciabatta** into 1-inch pieces.
- Add **ciabatta** and **1 tbsp oil** (dbl for 4 ppl) to an unlined baking sheet. 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** and **croutons** for the remainder of the cook time until golden.



Simmer stew

- Add **lentils**, **broth concentrates** and **2 ¼ cups water** (dbl for 4 ppl) to the pot with **veggies**. Season with **salt** and **pepper**, to taste. Bring to a boil over high.
- Once boiling, add **apples**. Reduce heat to medium. Cover and cook, stirring occasionally, until **veggies** are tender and **apples** are soft, 8-10 min. (**TIP:** If you prefer a thinner stew, add water until stew reaches desired consistency. If you prefer a thicker stew, continue cooking with the lid off.)



Prep

- Meanwhile, 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**.
- Peel, then cut **sweet potato** into ½-inch pieces.



Finish stew

- Add **spinach**, then stir until wilted 1-2 min. 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 **onions** soften slightly, 2-3 min.
- Add **sweet potatoes**, **carrots**, **Moroccan Spice Blend** and **curry paste**. 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!