



Spicy Lentil, Tomato and Spinach Stew

with Herby Basmati Rice

VEGGIE **SPICY** 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Red Lentils



Basmati Rice



Baby Spinach



Onion, chopped



Shawarma Spice Blend



Cayenne Pepper



Ginger



Garlic



Parsley



Tomato Sauce



Vegetable Broth Concentrate



Cherry Tomatoes



Red Wine Vinegar

HELLO LENTILS

Did you know that Saskatchewan grows over 60% of the world's lentils?

START HERE

Before starting, wash and dry all produce.

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

- Mild: 1/8 tsp
- Medium: 1/4 tsp
- Spicy: 1/2 tsp
- Extra-spicy: 1 tsp

Bust Out

Garlic Press, Measuring Cups, Large Pot, Strainer, Small Bowl, Zester, Medium Pot, Measuring Spoons

Ingredients

	2 Person	4 Person
Red Lentils	3/4 cup	1 1/2 cup
Basmati Rice	3/4 cup	1 1/2 cup
Baby Spinach	113 g	227 g
Onion, chopped	56 g	113 g
Shawarma Spice Blend	1 tbsp	2 tbsp
Cayenne Pepper 🌶️	1 tsp	1 tsp
Ginger	30 g	60 g
Garlic	6 g	12 g
Parsley	7 g	14 g
Tomato Sauce	2 tbsp	4 tbsp
Vegetable Broth Concentrate	2	4
Cherry Tomatoes	113 g	227 g
Red Wine Vinegar	1 tbsp	2 tbsp
Unsalted Butter*	2 tbsp	4 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen 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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1. COOK RICE

Bring **1 1/4 cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4. COOK STEW

Add **broth concentrates, lentils** and **3 cups water** (dbl for 4 ppl) to the pot. Bring to a boil over high heat. Reduce heat to medium-low. Bring to a gentle boil and cook, stirring occasionally, until **lentils** soften, 18-20 min. Add **spinach**. Stir, until wilted, 1-2 min. Season with salt and pepper.



2. PREP

While **rice** cooks, rinse and drain **lentils**. Roughly chop **parsley** and **spinach**. Halve **tomatoes**. Peel, then grate **1 tbsp ginger** (dbl for 4 ppl). Peel, then mince or grate **garlic**.



5. MAKE SALSA

While **stew** cooks, stir together **vinegar, tomatoes** and **half the parsley** in a small bowl. Season with **salt** and **pepper**. Set aside.



3. START STEW

Heat a large pot over medium heat. When hot, add **2 tbsp butter** (dbl for 4 ppl), then **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add **garlic, ginger, Shawarma Spice Blend, tomato sauce** and **1/8 tsp cayenne**. (**NOTE:** Reference Heat Guide) Cook, stirring often, until fragrant, 1-2 min.



6. FINISH AND SERVE

Fluff the **rice** with a fork. Stir in **remaining parsley** and season with **salt**. Divide the **rice** between bowls. Top with **spicy lentil stew**. Divide **tomato salsa** between bowls and drizzle over any **liquid** remaining in the bowl.

Dinner Solved!