

Sunday Lentil Stew

with Potatoes and Garlic Toast

Veggie 30 Minutes



Lentils, canned



Mirepoix



Garlic, cloves



Vegetable Broth Concentrate



Russet Potato



Tomato Sauce Base



Leek, sliced



Dill-Garlic Spice Blend



Ciabatta Roll



Sour Cream



Baby Spinach

HELLO LENTILS

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

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, silicone brush, small bowl, measuring cups, large pot, vegetable peeler

Ingredients

	2 Person	4 Person
Lentils, canned	398 g	796 g
Mirepoix	113 g	227 g
Garlic, cloves	3	6
Vegetable Broth Concentrate	2	4
Russet Potato	230 g	460 g
Tomato Sauce Base	2 tbsp	4 tbsp
Leek, sliced	56 g	113 g
Dill-Garlic Spice Blend	1 tsp	2 tsp
Ciabatta Roll	2	4
Sour Cream	3 tbsp	6 tbsp
Baby Spinach	56 g	113 g
Unsalted Butter*	2 tbsp	4 tbsp
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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Prep and roast potatoes

- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes** and **½ tbsp oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 25-28 min.



Cook stew

- Add **garlic** and **tomato sauce base** to the pot with **veggies**. Cook, stirring often, until **tomato sauce base** coats **veggies** and **garlic** is fragrant, 1-2 min.
- Add **lentils**, including **liquid, broth concentrate, half the Dill-Garlic Spice Blend** and **1 cup water** (dbl for 4 ppl). Bring to a boil over high.
- Once boiling, reduce heat to medium. Simmer, stirring occasionally, until **stew** thickens slightly, 4-5 min. (**TIP:** Add more water if you prefer a more soup-like consistency.)
- Season with **salt** and **pepper**.



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Halve **ciabatta**, then arrange on another unlined baking sheet, cut-side up.



Make garlic toast

- Meanwhile, melt **1 tbsp butter** (dbl for 4 ppl) in a microwavable bowl, or in a small pan over low heat.
- Stir **remaining Dill-Garlic Spice Blend** into **melted butter**.
- Brush **dill-garlic butter** over **ciabatta**, then season with **salt** and **pepper**.
- Toast **garlic ciabatta** in the **top** of the oven until golden-brown, 3-4 min. (**TIP:** Keep an eye on ciabatta so they don't burn!)



Cook veggies

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp butter** (dbl for 4 ppl), then swirl the pot until melted.
- Add **mirepoix** and **leeks**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.



Finish stew and serve

- Add **spinach** to **stew**. Stir until wilted, 1-2 min.
- Stir **potatoes** into **stew**, then season with **salt** and **pepper**, to taste.
- Divide **stew** between bowls.
- Dollop **sour cream** over top.
- Serve **garlic toast** alongside.

Dinner Solved!