

Cozy Dal-Style Coconut Lentil Stew

with Grilled Cheese Toasties

Veggie

25 Minutes





uncased

250 g | 500 g

Customized Protein Add Swap





2 Double

If you chose to alter your protein, simply follow the icons and specific instructions on the back in the sidebar and you're set. You can also refer to your customized recipe online, visit hellofresh.ca 降





Red Lentils



1/2 cup | 1 cup

Coconut Milk 2 4

Vegetable Stock

Sweet Potato

Powder 2 tbsp | 4 tbsp







Baby Spinach 56 g | 113 g







Ginger-Garlic

Indian Spice Mix

2 tbsp | 4 tbsp

1 tbsp | 2 tbsp







2 4

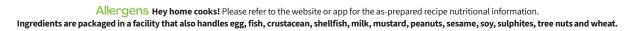




2 tbsp | 4 tbsp



Cheddar Cheese, shredded ½ cup | 1 cup



Cooking utensils | 2 baking sheets, large pot, measuring spoons, parchment paper



Prep

- Before starting, preheat the oven to 450°F.
- Remove 2 tbsp (4 tbsp) butter from the fridge and set aside to come up to room temperature.
- Wash and dry all produce.

🕕 Add | Chicken Breasts

- Peel, then cut **shallot** into 1/4-inch pieces.
- Roughly chop cilantro.
- Peel, then cut **sweet potato** into 1/4-inch pieces.



Bake toasties

- · Meanwhile, halve buns.
- Spread 2 tbsp (4 tbsp) softened butter on cut sides.
- Arrange bottom buns on a parchment-lined baking sheet, buttered-side down. Carefully top with cheese. Arrange top buns on bottom buns, buttered-side up.
- Place another piece of parchment paper over top of **buns**, then press down with another baking sheet to flatten slightly.
- Keep the top sheet on and bake toasties in the **bottom** of the oven, flipping halfway through, until **cheese** melts and **buns** are golden-brown and crisp, 4-5 min per side.



Cook aromatics

🚹 Add | Chorizo Sausage, uncased 🗋

- · Heat a large pot over medium heat.
- When the pot is hot, add 1 tbsp (2 tbsp)
 butter, then swirl until melted.
- Add shallots. Cook, stirring often, until slightly softened, 2-3 min.
- Add Indian Spice Mix, ginger-garlic puree and curry paste. Cook, stirring constantly, until fragrant, 30 sec.



Finish stew

- Add spinach and half the cilantro to stew.
 Cook, stirring occasionally, until spinach wilts, 1-2 min.
- Season with salt and pepper.



Start stew

- Add sweet potato, lentils, stock powder and coconut milk to the pot.
- Fill half the coconut milk can with water (three-quarters of the can for 4 ppl), then add to the pot. Season with salt and pepper, then stir to combine.
- Bring to a simmer over medium-high. Once simmering, reduce heat to medium-low.
- Cover partially and cook, stirring occasionally, until sweet potato is tender, 12-14 min.



Finish and serve

Add | Chicken Breasts

- Divide lentil stew between bowls.
- Sprinkle remaining cilantro over top.
- Cut **toasties** in half and serve alongside.

within steps 2 person

Measurements

1 Prep and cook chicken

+ Add | Chicken Breasts

If you've opted to add **chicken breasts**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tbsp** (1 tbsp) **oil**), then **chicken**. (**NOTE**: Don't overcrowd the pan; cook chicken in 2 batches if needed.) Cook until golden, 1-2 min per side. Transfer **chicken** to a parchment-lined baking sheet. Roast in the **middle** of the oven until **chicken** is cooked through, 12-14 min.***

1 tbsp

oil

Ingredient

4 person

2 | Cook aromatics and chorizo

Add | Chorizo Sausage, uncased

If you've opted to add **chorizo**, when pan is hot, add **chorizo** to the pot along with **shallots**. Season with **salt** and **pepper**. Cook, breaking up **chorizo** and stirring often, until **chorizo** is cooked through, 4-6 min.**
Follow the rest of the recipe as written.

6 | Finish and serve

Add | Chicken Breasts

Thinly slice **chicken**. Arrange **chicken** on top of **dal**.

^{**} Cook to a minimum internal temperature of 74°C/165°F, as size may vary.