



# Cozy Dal-Style Coconut Lentil Stew

## with Grilled Cheese Toasties

Veggie

25 Minutes

Customized Protein

+ Add

Swap

or

\*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](https://www.hellofresh.ca)

+ Add



Chicken Breasts\*  
2 | 4

+ Add



Chorizo Sausage, uncased  
250 g | 500 g



Red Lentils  
½ cup | 1 cup



Coconut Milk  
2 | 4



Vegetable Stock Powder  
2 tbsp | 4 tbsp



Sweet Potato  
2 | 4



Baby Spinach  
56 g | 113 g



Cilantro  
7 g | 14 g



Ginger-Garlic Puree  
2 tbsp | 4 tbsp



Indian Spice Mix  
1 tbsp | 2 tbsp



Shallot  
1 | 2



Artisan Bun  
2 | 4



Curry Paste  
2 tbsp | 4 tbsp



Cheddar Cheese, shredded  
½ cup | 1 cup

**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.

**Pantry items** | Pepper, unsalted butter, salt

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

1



## 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 ¼-inch pieces.
- Roughly chop **cilantro**.
- Peel, then cut **sweet potato** into ¼-inch pieces.

4



## 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.

2



## 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.

5



## Finish stew

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

3



## 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.

6



## Finish and serve

**+ Add** | **Chicken Breasts**

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

**Measurements**  
within steps

1 **tbsp** (2 **tbsp**) **oil**  
2 person 4 person Ingredient

## 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.\*\*

## 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**.

\* Vacuum-pack guarantees maximum freshness but can lead to small colour changes and a stronger scent. Both will disappear 3 minutes after opening.

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