



Cozy Dal-Style Coconut Lentil Stew

with Grilled Cheese Toasties

Veggie

Spicy

25 Minutes



Shrimp
285 g | 570 g

Chicken Breast Tenders
310 g | 620 g

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](http://www.hellofresh.ca)



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, vegetable peeler

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.

- 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-sides down. Carefully top with **cheese**. Arrange **top buns** on **bottom buns**, buttered-sides 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

- 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

- 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

If you ordered 6 servings, triple the amounts in the 2-serving recipe. You may need to cook in batches or larger cooking vessels. Remember: Larger batches may = longer cook times, so follow the visual and temperature cues.

3 | Start stew and cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, while the **stew** cooks, pat **chicken** dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium. When hot, add **1 tbsp** (2 **tbsp**) **oil**, then **chicken**. Pan-fry on one side for 6-7 min, until golden. Flip, then cover and continue cooking for 6-7 min, until cooked through.**

5 | Cook shrimp and finish stew

+ Add | **Shrimp**

If you opted to add **shrimp**, using a strainer, drain and rinse **shrimp**, then pat dry with paper towels. Season with **salt** and **pepper**. Add **shrimp** to the pot along with **spinach** and **half the cilantro**. Cook, stirring occasionally, until **spinach** is wilted and **shrimp** just turn pink, 3-4 min.** Follow the rest of the recipe as written.

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Thinly slice **chicken**. Top bowls with **chicken** before garnishing with **cilantro**.

♦ 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.