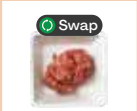




# SuperQuick Spicy Italian Sausage Lentil Stew

with Feta and Basil Pesto

Spicy 15 Minutes



Ground Turkey  
250 g | 500 g

Customized Protein

+ Add

Swap

or

x2 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)



Mild Italian Sausage, uncased  
250 g | 500 g



Lentils, canned  
1 | 2



Sweet Bell Pepper  
1 | 2



Mirepoix  
113 g | 227 g



Feta Cheese, crumbled  
¼ cup | ½ cup



Crushed Tomatoes with Garlic and Onion  
1 | 2



Basil Pesto  
¼ cup | ½ cup



Chicken Stock Powder  
1 tbsp | 2 tbsp



Chili Flakes  
¼ tsp | ½ tsp

**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.

Ingredient quantities 56 g | 113 g  
2-serving 4-serving

Pantry items | Salt, pepper, oil

Cooking utensils | Large pot, measuring cups, measuring spoons

1



## Prep

- Before starting, wash and dry all produce.
- Core, then cut **pepper** into ¼-inch pieces.

2



## Cook sausage and veggies

🔄 Swap | **Ground Turkey**

- Heat a large pot over medium-high.
- When hot, add ½ **tbsp** (1 **tbsp**) **oil**, then **sausage**, **peppers** and **mirepoix**. Cook for 4-5 min, breaking up **sausage** into smaller pieces, until no pink remains. **\*\*** Season with **salt** and **pepper**.

3



## Start stew

- Add **crushed tomatoes**, **stock powder**, **lentils** including their **liquid**, ¼ **tsp** (½ **tsp**) **chili flakes** and ½ **cup** (1 **cup**) **water**. Bring up to a simmer.
- Once simmering, cook for 4-5 min, stirring often, until **stew** thickens slightly. (**TIP:** Scrape up any brown bits from the bottom of the pan — this will add extra flavour!)

4



## Finish and serve

- Divide **stew** between bowls.
- Dollop **pesto** in a circular motion over top.
- Sprinkle with **feta** and more **chili flakes**, to taste.

Measurements within steps **1 tbsp** (2 **tbsp**) **oil**  
2-serving 4-serving Ingredient

### For 6 servings

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.

## 2 | Cook turkey and veggies

🔄 Swap | **Ground Turkey**

If you've opted to get **turkey**, cook it in the same way as the recipe instructs you to cook the **sausage**.