



MAR
2017

Caribbean Stew

with Thyme-Roasted Carrots, Spinach Callaloo and Naan Bread

We're dreaming of a beach holiday with this Caribbean-inspired recipe! Creamy stew is served with sweet roasted carrots and a traditional Trinidadian leafy green dish, *callaloo* (we're making ours with spinach.) We can hear the steel drums already...



Red Lentils



Chickpeas



Mini Naan Bread



Heirloom Carrots



Onion



Baby Spinach



Garlic



Vegetable Broth Concentrate



Coconut Milk



Colombo Spice Blend



Cilantro



Thyme

Ingredients

	2 People	4 People
Red Lentils	1 pkg (113 g)	2 pkg (227 g)
Chickpeas	1 box	2 boxes
Mini Naan Bread	1) 2) 3) 4)	4
Heirloom Carrots	2-3	5-6
Onion, chopped	1 pkg (113 g)	2 pkg (227 g)
Baby Spinach	1 pkg (113 g)	2 pkg (227 g)
Garlic	2 pkg (20 g)	4 pkg (40 g)
Vegetable Broth Concentrate	1 pkg	2 pkg
Coconut Milk	1 can	2 cans
Colombo Spice Blend	1 pkg (1 tbsp)	2 pkg (2 tbsp)
Cilantro	1 pkg (10 g)	1 pkg (10 g)
Thyme	1 pkg (10 g)	1 pkg (10 g)
Olive or Canola Oil*		

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Soy/Soja
- 4) Egg/Oeuf

Tools

Strainer, Baking Sheet, Measuring Spoons, Medium Pot, Measuring Cups, Large Pan

Ruler

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Nutrition per person Calories: 758 cal | Fat: 27 g | Protein: 28 g | Carbs: 102 g | Fibre: 28 g | Sodium: 1013 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Preheat the oven to 425°F (to roast the carrots). Start prepping when the oven comes up to temperature!

2 Prep: Wash and dry all produce. Rinse and drain the **chickpeas**. Cut the **carrots** into 3-inch sticks (they should look like thick-cut fries!). Mince or grate the **garlic**. Roughly chop the **cilantro**. Strip **1 tbsp thyme leaves** (double for 4 people) off the stems.

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3 Roast the carrots: Toss the **carrots** on a baking sheet with a drizzle of **oil** and **half the thyme leaves**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through, until golden-brown, 20-25 min.

4 Start the stew: Heat a medium pot over medium heat. Add a drizzle of **oil**, then **half the onion**. Cook, stirring occasionally, until softened, 5-6 min.

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5 Add the lentils, broth concentrate(s), chickpeas, half the garlic, spice blend, remaining thyme leaves, ½ can coconut milk (1 can for 4 people) and **1½ cup water** (double for 4 people) to the pot. Bring to a gentle boil and cook, stirring occasionally, until the lentils are soft, 20-22 min.

6 Warm the naan: Meanwhile, heat a large pan over medium heat. Add the **naan** to the dry pan. Cook, until brown and warmed through, 1-2 min per side. Transfer to a plate and cover to keep warm.

7



7 Make the callaloo: Heat the same pan over medium heat. Add a drizzle of **oil**, then the **remaining garlic** and **remaining onion**. Cook until onion softens, 5-6 min. Add the **spinach** and **remaining coconut milk**. Stir until the spinach wilts 1-2 min. Season with **salt** and **pepper**.

8 Finish and serve: Divide the **roasted carrots, stew** and **callaloo** between plates. Sprinkle with **cilantro** and enjoy!

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