



Cozy Dal-Style Coconut Lentil Stew

with Grilled Cheese Toasties

Veggie

Spicy

Quick

25 Minutes



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CUSTOM RECIPE

This is a Custom Recipe. If you chose to add chicken, simply follow the instructions on the back of this card and you're set.
Happy cooking!



Red Lentils



Coconut Milk



Butternut Squash, cubes



Cilantro



Indian Spice Mix



White Cheddar Cheese, shredded



Curry Paste



Chicken Tenders



Vegetable Stock Powder



Baby Spinach



Ginger-Garlic Puree



Shallot



Brioche Bun

HELLO INDIAN SPICE MIX

A warming blend of sweet, aromatic and zesty spices!

Start here

- 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.

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

Bust out

2 Baking sheets, measuring spoons, parchment paper, large pot

Ingredients

	2 Person	4 Person
Red Lentils	½ cup	1 cup
Chicken Tenders	310 g	620 g
Coconut Milk	2	4
Vegetable Stock Powder	2 tbsp	4 tbsp
Butternut Squash, cubes	170 g	340 g
Baby Spinach	56 g	113 g
Cilantro	7 g	7 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Shallot	50 g	100 g
White Cheddar Cheese, shredded	½ cup	1 cup
Brioche Bun	2	4
Curry Paste	2 tbsp	4 tbsp
Unsalted Butter*	3 tbsp	6 tbsp
Salt and Pepper*		

* Pantry items

** Cook to a minimum internal temperature of 74°C/165°F.

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

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.



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Prep

- Peel, then cut **shallot** into ¼-inch pieces.
- Roughly chop **cilantro**.

If you've opted to add **chicken tenders**, pat dry with paper towels. Cut into 2-inch pieces. 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 tenders**. Cook, turning occasionally, until golden-brown and cooked through, 5-6 min.**



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

- Heat a large pot over medium heat.
- When hot, add **1 tbsp** (2 **tbsp**) **butter**, then swirl the pot 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**, to taste.

Add **chicken** to **stew**.



Start stew

- Add **squash**, **lentils**, **stock powder** and **coconut milk** to the pot.
- Fill **half the coconut milk can** with **water** (¾ 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 **squash** is tender, 12-14 min.



Finish and serve

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

Dinner Solved!