



Cozy Dal-Style Coconut Lentil Stew

with Grilled Cheese Toasties

Veggie

Spicy

25 Minutes

+ Add



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



Red Lentils
½ cup | 1 cup



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
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 | Unsalted butter, salt, pepper

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

1



Prep

- Before starting, preheat the oven to 450°F.
- Remove 2 **tblsp** (4 **tblsp**) **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**.

2



Cook aromatics

- Heat a large pot over medium heat.
- When the pot is hot, add **1 tblsp** (2 **tblsp**) **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.

3



Start stew

- Add **squash**, **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 **squash** is tender, 12-14 min.

4



Bake toasties

- Meanwhile, halve **buns**.
- Spread **2 tblsp** (4 **tblsp**) **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.

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**, to taste.

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 tblsp (2 **tblsp**) **oil**
2 person 4 person Ingredient

3 | Cook chicken

+ Add | **Chicken Breast Tenders**

If you've opted to add **chicken breast tenders**, pat dry with paper towels. Season with **salt** and **pepper**. Heat a large non-stick pan over medium-high heat. When hot, add ½ **tblsp** (1 **tblsp**) **oil**, then **chicken**. Sear until golden-brown and cooked through, 3-4 min per side.**

6 | Finish and serve

+ Add | **Chicken Breast Tenders**

Arrange **chicken** on top of plated **stew**.

♦ 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.



Issue with your meal? Scan the QR code to share your feedback.