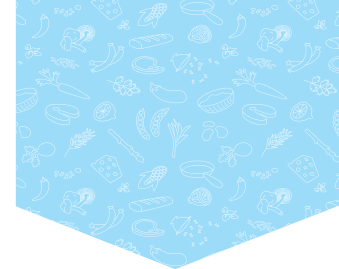




# Lentil-Veggie Mulligatawny

with Cilantro and Basmati Rice

**VEGGIE** 30 Minutes



Lentils, canned



Mild Tadka Masala



Mirepoix



Ginger



Garlic



Basmati Rice



Vegetable Broth Concentrate



Coconut Milk



Cilantro



Mango Chutney



Chana Dal



Baby Spinach

**HELLO MULLIGATAWNY**  
*A traditional Indian curry stew!*

# Start Strong

Before starting, wash and dry all produce.

## Bust Out

Measuring Spoons, Potato Masher, Strainer, Measuring Cups, Medium Pot, Large Pot, Garlic Press, Grater

## Ingredients

	2 Person	4 Person
Lentils, canned	1 can	2 can
Mild Tadka Masala	1 tbsp	2 tbsp
Mirepoix	227 g	454 g
Ginger	30 g	60 g
Garlic	9 g	18 g
Basmati Rice	¾ cup	1 ½ cup
Vegetable Broth Concentrate	2	4
Coconut Milk	1 can	2 can
Cilantro	7 g	14 g
Mango Chutney	2 tbsp	4 tbsp
Chana Dal	28 g	56 g
Baby Spinach	56 g	113 g
Oil*		
Salt and Pepper*		

\* Pantry items

## Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

*Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.*



### 1. COOK RICE

Bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a medium pot. Add **rice** to the pot of boiling water. Reduce heat to low. Cook, still covered, until **rice** is tender and **liquid** is absorbed, 12-14 min.



### 2. PREP

Drain and rinse **lentils**. Roughly chop **cilantro**. Roughly chop **spinach**. Peel, then mince or grate **ginger** and **garlic**.



### 3. COOK VEGGIES

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **mirepoix**. Cook, stirring occasionally, until softened, 5-6 min. Add the **garlic, ginger** and **tadka masala**. Cook, stirring often, until fragrant, 1-2 min. Season with **salt** and **pepper**.



### 4. START STEW

Stir in **lentils, mango chutney, coconut milk, broth concentrates** and **1 ½ cups water** (dbl for 4 ppl). Bring to a boil over high heat, then reduce heat to medium-low. Simmer, stirring occasionally, until slightly thickened, 6-8 min.



### 5. FINISH STEW

Remove **stew** from the heat. Using a masher, roughly mash **stew**. (**NOTE:** It's ok if it's not fully mashed!) Add **spinach** and stir, until wilted, 1-2 min. Season with **salt** and **pepper**.



### 6. FINISH AND SERVE

Fluff the **rice** with a fork. Season with **salt**. Divide **rice** between bowls. Top with **Mulligatawny stew**. Sprinkle over **cilantro** and **chana dal**.

## Dinner Solved!

## Contact

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