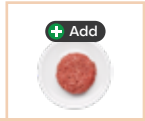




Spiced Lentil Stew

with Apples, Homemade Croutons and Pepitas

Veggie 30 Minutes



Beyond Meat®
2 | 4

↗ Custom Recipe **+** 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
1/2 cup | 1 cup
- Gala Apple
1 | 2
- Yellow Onion
1 | 2
- Curry Paste
2 tbsp | 4 tbsp
- Moroccan Spice Blend
1 tbsp | 2 tbsp
- Vegetable Broth Concentrate
2 | 4
- Ciabatta Roll
1 | 2
- Pepitas
28 g | 56 g
- Cilantro
7 g | 14 g
- Baby Spinach
56 g | 113 g
- Carrot
1 | 2
- Sweet Potato
1 | 2

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	56g	113g
	2 person	4 person

Pantry items | Salt, pepper, oil

Cooking utensils | Baking sheet, vegetable peeler, measuring spoons, measuring cups, large pot

1



Make croutons and toast pepitas

- Before starting, preheat the oven to 375°F.
- Wash and dry all produce.

- Cut **ciabatta** into 1-inch pieces.
- Add **ciabatta pieces** and **1 tbsp** (2 tbsp) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Toast in the top of the oven, stirring halfway through, until croutons are golden-brown, 14-16 min.
- At the halfway mark, add **pepitas** to the baking sheet.
- Toast **pepitas** and **croutons** for the remainder of the cook time, until golden.

2



Prep

- Meanwhile, peel, then halve **carrot** lengthwise and cut into ¼-inch half-moons.
- Peel, core, then cut **apple** into ½-inch pieces.
- Peel, then cut **onion** into ¼-inch pieces.
- Roughly chop **cilantro**.
- Peel, then cut **sweet potato** into ½-inch pieces.

3



Start stew

- Heat a large pot over medium-high heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **onions**. Cook, stirring occasionally, until **onions** soften slightly, 2-3 min.
- Add **sweet potatoes, carrots, Moroccan Spice Blend** and **curry paste**. Cook, stirring often, until fragrant, 30 sec.

4



Simmer stew

+ Add | **Beyond Meat®**

- Add **lentils, broth concentrate** and **2 ¼ cups** (4 ½ cups) **water** to the pot with **veggies**.
- Season with **salt** and **pepper**. Bring to a boil over high.
- Once boiling, add **apples**. Reduce heat to medium.
- Cover and cook, stirring occasionally, until **veggies** are tender and **apples** are soft, 8-10 min. (**TIP:** If you prefer a thinner stew, add water until stew reaches desired consistency. If you prefer a thicker stew, continue cooking with the lid off.)

5



Finish stew

- Add **spinach**, then stir until wilted, 1-2 min. Season with **salt** and **pepper**.

6



Finish and serve

+ Add | **Beyond Meat®**

- Divide **stew** between bowls.
- Sprinkle with **cilantro** and **pepitas**, then top with **croutons**.

Measurements
within steps

1 tbsp (2 tbsp) **oil**
2 person 4 person Ingredient

4 | Simmer stew

+ Add | **Beyond Meat®**

If you've opted to get **Beyond Meat®**, heat a large non-stick pan over medium-high heat. When hot, add **½ tbsp** (1 tbsp) **oil**, then **patties**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Season with **salt** and **pepper**. Transfer to a plate and cover to keep warm.

6 | Finish and serve

+ Add | **Beyond Meat®**

Top final bowls with **Beyond Meat®**.

** Cook to a minimum internal temperature of 74°C/165°F, as size may vary.



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