



Spiced Red Lentil and Squash Stew

with Golden Flatbread

Veggie

30 Minutes



Red Lentils



Butternut Squash, Cubes



Cumin-Turmeric Spice Blend



Indian Spice Mix



Roma Tomato



Flatbread



Cilantro



Ginger



Vegetable Broth Concentrate



Coconut Milk



Baby Spinach



Crispy Shallots

HELLO RED LENTILS

High in fibre, low in carbs and perfect for vegetarian stew!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Bust out

2 Baking sheets, measuring spoons, strainer, parchment paper, small bowl, large pot, measuring cups

Ingredients

	2 Person	4 Person
Red Lentils	½ cup	1 cup
Butternut Squash, cubes	340 g	680 g
Cumin-Turmeric Spice Blend	1 ½ tsp	3 tsp
Indian Spice Mix	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Flatbread	2	4
Cilantro	7 g	14 g
Ginger	30 g	60 g
Vegetable Broth Concentrate	1	2
Coconut Milk	400 ml	800 ml
Baby Spinach	56 g	113 g
Crispy Shallots	28 g	56 g
Oil*		
Salt and Pepper*		

* Pantry items

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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Roast squash

Add **squash**, **half the Cumin-Turmeric Spice Blend** and **1 tbsp oil** (dbl for 4 ppl) to a parchment-lined baking sheet. Season with **salt and pepper**, then toss to coat. Roast in the **middle** the of oven, stirring halfway through, until tender and golden-brown, 20-22 min.



Prep

While **squash** roasts, peel, then finely grate **ginger**. Cut **tomatoes** into ½-inch pieces. Roughly chop **cilantro**. Rinse **lentils** in a strainer until **water** runs clear. Roughly chop **spinach**



Cook veggies

Heat a large pot over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **tomatoes**. Cook, stirring occasionally, until tender, 4-6 min. Add **ginger** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1 min. Season with **salt and pepper**.



Cook lentils

Add **lentils**, **broth concentrate**, **coconut milk** and **1 ¼ cups water** (dbl for 4 ppl) to the same pot. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** are tender, 12-15 min. (**NOTE:** If needed, thin mixture out with 1-2 tbsp water.)



Toast flatbread

While **lentils** cook, stir together **half the cilantro**, **remaining Cumin-Turmeric Spice Blend** and **1 ½ tbsp oil** (dbl for 4 ppl) in a small bowl. Arrange **flatbread** on an unlined baking sheet. Spread **spiced oil** onto tops of **flatbread**. Season with **salt and pepper**. Toast in the **top** of the oven until golden and crisp, 5-6 min.



Finish and serve

Add **roasted squash** and **spinach** to the pot with **lentils**. Cook, stirring until **spinach** wilts, 1-2 min. Season with **salt and pepper**, to taste. Divide **stew** between bowls. Sprinkle **crispy shallots** and **remaining cilantro** over top. Serve **golden flatbread** on the side for dipping.

Dinner Solved!