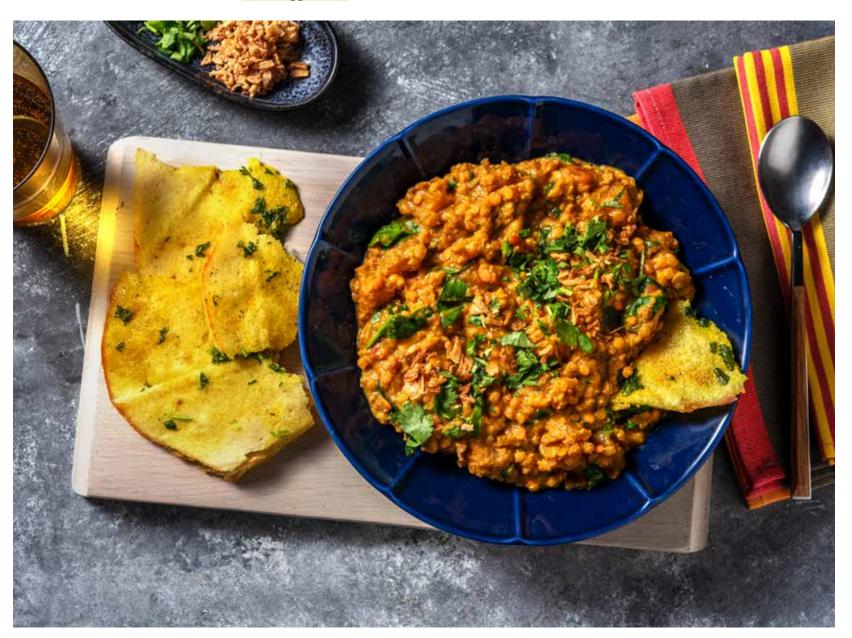


# Spiced Red Lentil and Squash Stew

with Golden Flatbread

Veggie

30 Minutes





**Red Lentils** 







Indian Spice Mix



Spice Blend





Roma Tomato







Vegetable Broth Concentrate



Baby Spinach



Coconut Milk



Crispy Shallots

## 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

ingi edients		
	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*		

<sup>\*</sup> 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 1/4 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!**