



Sunday Lentil Stew

with Potatoes and Garlic Toast

Veggie

30 Minutes



Beyond Meat®
2 | 4

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Lentils
1 | 2



Mirepoix
113 g | 227 g



Garlic, cloves
2 | 4



Vegetable Broth Concentrate
2 | 4



Russet Potato
1 | 2



Tomato Sauce Base
2 tbsp | 4 tbsp



Leek, sliced
56 g | 113 g



Zesty Garlic Blend
1 tbsp | 2 tbsp



Ciabatta Roll
2 | 4



Sour Cream
3 tbsp | 6 tbsp



Baby Spinach
56 g | 113 g

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, oil, salt, pepper

Cooking utensils | 2 Baking sheets, vegetable peeler, measuring spoons, silicone brush, small microwavable bowl, measuring cups, large pot

1



Prep and roast potatoes

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.
- Peel, then cut **potatoes** into ½-inch pieces.
- Add **potatoes** and ½ **tblsp** (1 **tblsp**) **oil** to an unlined baking sheet. Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender and golden-brown, 23-25 min.

2



Prep

- Meanwhile, peel, then mince or grate **garlic**.
- Roughly chop **spinach**.
- Halve **ciabatta**, then arrange on another unlined baking sheet, cut-side up.

3



Cook veggies

- + Add | **Beyond Meat®**
- Heat a large pot over medium heat.
- When hot, add 1 **tblsp** (2 **tblsp**) **butter**, then swirl the pot until melted.
- Add **mirepoix** and **leeks**. Cook, stirring occasionally, until tender-crisp, 3-4 min.
- Season with **salt** and **pepper**.

4



Cook stew

- Add **garlic** and **tomato sauce base** to the pot with **veggies**.
- Cook, stirring often, until **veggies** are coated and **garlic** is fragrant, 1-2 min.
- Add **lentils**, including **canning liquid**, **broth concentrates**, **half the Zesty Garlic Blend** and 1 ½ **cups** (2 ⅔ **cups**) **water**. Bring to a boil over high.
- Once boiling, reduce heat to medium.
- Simmer, stirring occasionally, until **stew** thickens slightly, 4-5 min. (**TIP**: Add more water if you prefer a more soup-like consistency.)
- Season with **salt** and **pepper**, to taste.

5



Make garlic toast

- Meanwhile, melt 1 **tblsp** (2 **tblsp**) **butter** in a small microwavable bowl, or in a small pan over low heat.
- Stir **remaining Zesty Garlic Blend** into **melted butter**.
- Brush **garlic butter** over **ciabatta**, then season with **salt** and **pepper**.
- Toast in the **top** of the oven until golden-brown, 3-4 min. (**TIP**: Keep an eye on ciabatta so they don't burn!)

6



Finish stew and serve

- Add **spinach** to **stew**. Stir until wilted, 1-2 min.
- Stir **potatoes** into **stew**, then season with **salt** and **pepper**, to taste.
- Divide **stew** between bowls.
- Dollop **sour cream** over top.
- Serve **garlic toast** alongside.

Measurements within steps

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

3 | Cook Beyond Meat®

+ Add | **Beyond Meat®**

If you've opted to add **Beyond Meat®**, to the pot, add **patties** along with **mirepoix** and **leeks**. Cook, breaking up **patties** into bite-sized pieces, until crispy, 5-6 min.** Follow the rest of the recipe as written.

** Cook to a minimum internal temperature of 74°C/165°F.



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