



Herby Tomato Lentil & Roast Veggie Stew

with Garlic Dippers

NEW

CLIMATE SUPERSTAR

Grab your Meal Kit with this symbol



Zucchini



Carrot



Capsicum



Brown Onion



Garlic



Bake-At-Home Ciabatta



Lentils



Garlic & Herb Seasoning



Passata



Vegetable Stock Powder



Baby Spinach Leaves



Plant-Based Basil Pesto



Chicken Breast

Prep in: 25-35 mins
Ready in: 30-40 mins



Calorie Smart[^]

[^]Custom recipe is not Calorie Smart



Plant-Based[^]

[^]Custom Recipe is not Plant-Based



Eat Me Early*

*Custom Recipe only

Herby tomato lentils, roast veggie goodness and garlic dippers. Here is another plant-based fave to hit your dinner table!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
zucchini	1	2
carrot	1	2
capsicum	1	2
brown onion	1	2
garlic	1 clove	2 cloves
bake-at-home ciabatta	1	2
lentils	1 packet	2 packets
garlic & herb seasoning	1 medium sachet	2 medium sachets OR 1 large sachet
passata	1 box	2 boxes
water*	1¼ cups	2½ cups
brown sugar*	1 tsp	2 tsp
vegetable stock powder	1 large sachet	2 large sachets
baby spinach leaves	1 small bag	1 medium bag
plant-based basil pesto	1 medium packet	2 medium packets
chicken breast**	1 small packet	2 small packets OR 1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2506kJ (599Cal)	316kJ (76Cal)
Protein (g)	29.7g	3.7g
Fat, total (g)	15.5g	2g
- saturated (g)	1.4g	0.2g
Carbohydrate (g)	77.7g	9.8g
- sugars (g)	24.5g	3.1g
Sodium (mg)	2058mg	259mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3218kJ (769Cal)	348kJ (83Cal)
Protein (g)	63.4g	6.9g
Fat, total (g)	20.2g	2.2g
- saturated (g)	2.8g	0.3g
Carbohydrate (g)	75.4g	8.2g
- sugars (g)	22.3g	2.4g
Sodium (mg)	2125mg	230mg

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns



1

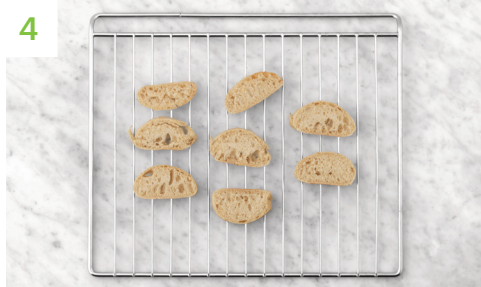


Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **zucchini, carrot** and **capsicum** into bite-sized chunks.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, season with **salt** and **pepper** and toss to coat.
- Roast until tender, **20-25 minutes**.

TIP: If your oven tray is crowded, divide the veggies between two trays.

4



Bake the garlic dippers

- Meanwhile, brush **garlic oil** over **ciabatta** slices.
- Place **ciabatta** directly on wire racks in oven and bake until golden, **5-7 minutes**.

2



Get prepped

- When veggies have **10 minutes** remaining, roughly chop **brown onion**.
- Finely chop **garlic**.
- Cut **bake-at-home ciabatta** into slices.
- Drain and rinse **lentils**.
- In a small bowl, combine **garlic** and a drizzle of **olive oil**. Season with **salt** and **pepper**.

Custom Recipe: If you've added chicken breast, cut chicken breast into 2cm chunks.

5



Finish the stew

- To saucepan with lentils, stir in **passata**, the **water**, the **brown sugar** and **vegetable stock powder**. Simmer until slightly reduced, **2-3 minutes**.
- Remove from heat and add **roasted veggies** and **baby spinach leaves**, stirring until combined. Season to taste.

3



Start the stew

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **onion**, stirring occasionally, until softened, **4-5 minutes**.
- Add **garlic & herb seasoning** and **lentils** and cook, stirring, until fragrant and slightly tender, **1-2 minutes**.

Custom Recipe: Heat pan as above. Cook chicken with onion, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes.

6



Serve up

- Divide herby tomato lentil and roast veggie stew between bowls.
- Top with **plant-based basil pesto**. Serve with garlic dippers. Enjoy!

Rate your recipe

Our Culinary team is waiting for your feedback! Let them know what you thought: hellofresh.com.au/rate