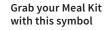


Easy Herby Tomato Lentil & Roast Veggie Stew

with Garlic Dippers

CLIMATE SUPERSTAR











Brown Onion



Bake-At-Home

Ciabatta





Lentils





Garlic & Herb Seasoning





Vegetable Stock



Powder



Baby Spinach



Plant-Based **Basil Pesto**



Prep in: 15-25 mins Ready in: 30-40 mins







*Custom Recipe is not Calorie Smart or Plant Based

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

Olive Oil, Brown Sugar

Pantry items

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

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 \cdot Large saucepan

Ingredients

9				
	2 People	4 People		
olive oil*	refer to method	refer to method		
capsicum	1	2		
carrot & zucchini mix	1 medium bag	1 large bag		
brown onion	1	2		
bake-at-home ciabatta	1	2		
lentils	1 packet	2 packets		
garlic paste	1 packet	2 packets		
garlic & herb seasoning	1 medium sachet	2 medium sachets		
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)	2533kJ (605Cal)	327kJ (78Cal)
Protein (g)	29.2g	3.8g
Fat, total (g)	16.1g	2.1g
- saturated (g)	1.4g	0.2g
Carbohydrate (g)	78g	10.1g
- sugars (g)	23.8g	3.1g
Sodium (mg)	2115mg	273mg
0 1 5 1		

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3286kJ (785Cal)	350kJ (83Cal)
Protein (g)	63.1g	6.7g
Fat, total (g)	20.8g	2.2g
- saturated (g)	2.9g	0.3g
Carbohydrate (g)	78.1g	8.3g
- sugars (g)	23.8g	2.5g
Sodium (mg)	2200mg	234mg

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





Roast the veggies & get prepped

- Preheat oven to 240°C/220°C fan-forced.
- Cut capsicum into bite-sized chunks.
- Place carrot & zucchini mix and capsicum on a lined oven tray. Drizzle with olive oil and season with salt and pepper. Toss to coat. Roast until tender, 20-25 minutes.
- When roast veggies have **10 minutes** remaining, roughly chop **brown onion**.
- Cut bake-at-home ciabatta into slices. Drain and rinse lentils.
- In a small bowl, combine garlic paste and a drizzle of olive oil. Season with salt and pepper.



Bake the garlic dippers & finish the stew

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



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, until fragrant and slightly tender, 1-2 minutes.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks. Add chicken with the onion, tossing occasionally, until browned and cooked through (when no longer pink inside), 5-6 minutes. Continue with step.



Serve up

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