



JAN
2017

Spiced Carrot and Lentil Stew

with Herb Focaccia

We're all committed to New Year resolutions of healthy eating, but we still need our comfort foods. This veggie-packed stew checks both boxes!

Prep
30 min

level 1



Red Lentils



Mini Yukon
Potatoes



Carrot



Celery



Onion



Garlic



Diced Tomatoes



Sir Lankan Spice



Cilantro



Vegetable Broth
Concentrate



Cheese & Herb
Focaccia

Ingredients

| | 2 People | 4 People |
|---|---------------|---------------|
| Red Lentils | 1 pkg (113 g) | 2 pkg (227 g) |
| Mini Yukon Potatoes | 1 pkg (170 g) | 2 pkg (340 g) |
| Carrot, diced | 1 pkg (170 g) | 2 pkg (340 g) |
| Celery, diced | 1 pkg (170 g) | 2 pkg (340 g) |
| Onion, diced | 1 pkg (56 g) | 2 pkg (113 g) |
| Garlic | 1 pkg (10 g) | 2 pkg (20 g) |
| Diced Tomatoes | 1 can | 2 cans |
| Sir Lankan Spice Blend  3) | 1 pkg (1 tsp) | 1 pkg (1 tsp) |
| Cilantro | 1 pkg (7 g) | 2 pkg (14 g) |
| Vegetable Broth Concentrate | 1 | 2 |
| Cheese and Herb Focaccia 1) 2) | 1 | 2 |
| Sugar* | ¼ tsp | ½ tsp |
| Olive or Canola Oil* | | |

*Not Included

Allergens

- 1) Wheat/Blé
- 2) Milk/Lait
- 3) Soy/Soja

Tools

Strainer, Medium Pot, Measuring Cups, Baking Sheet

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 675 cal | Fat: 12 g | Protein: 31 g | Carbs: 116 g | Fiber: 16 g | Sodium: 916 mg

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

2



1 Preheat over to 200°F (To warm up the focaccia.)

2 Prep: Wash and dry all produce. Mince or grate the **garlic**. Roughly chop the **cilantro**. Cut the **potato** into ½-inch cubes. Rinse the **lentils** in a strainer.

3



3 Start the soup: Heat a medium pot over medium-high heat. Add a drizzle of **oil**, then the **onion**. Cook until golden-browned, 5-6 min. Add the **carrot, celery, garlic, lentils, potatoes, diced tomatoes, broth concentrate(s), 2½ cups water** (double for 4 people) and as much **Sir Lankan spice blend** as you dare! Gently boil until the potatoes are fork-tender, 12-15 min. Season with **salt, pepper** and **sugar** to taste.

4 Warm the focaccia: Meanwhile, place the **focaccia** on a baking sheet. Bake in the centre of the oven until warmed and ready to serve.

3



5 Finish and serve: Divide the **soup** into bowls and sprinkle with **cilantro**. Serve with warm **focaccia**. Enjoy!

DID YOU KNOW? The combination of onion, carrot and celery is called "mirepoix" in French cooking. It is a classic trio of ingredients used as the flavour base for many recipes, such as stocks, soups, stews and sauces.

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