



# Fragrant Coconut Broccoli Stew

with lentils and warm naan

Veggie 40-45 mins

9



Lentils



Garlic



Ginger



Onion



Broccoli



Lime



Coconut Milk



Naan



Baby Spinach



Coriander



Vegetable Stock

Pantry Items: Oil, Salt, Pepper, Water

## Before you start

Our fruit, veg and herbs need a wash before you use them!

## Cooking tools you will need

Grater, Lid, Pot, Sieve, Baking Sheet with Baking Paper

## Ingredients

	2P	4P
Lentils	1 pack	2 packs
Garlic	1 unit	2 units
Ginger	1 unit	2 units
Onion	1 unit	2 units
Broccoli	1 unit	1 unit
Lime	1 unit	2 units
Coconut Milk	1 pack	2 packs
Naan	2 units	4 units
Baby Spinach	60 g	120 g
Coriander	5 g	10 g
Vegetable Stock	1 sachet	2 sachets

## Nutrition

	Per serving	Per 100g
for uncooked ingredients	670 g	100 g
Energy (kJ/kcal)	3150.5 kJ/ 753 kcal	470.2 kJ/ 112.4 kcal
Fat (g)	21.3 g	3.2 g
Sat. Fat (g)	15.3 g	2.3 g
Carbohydrate (g)	103.2 g	15.4 g
Sugars (g)	28.3 g	4.2 g
Protein (g)	22.2 g	3.3 g
Salt (g)	4.6 g	0.7 g

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

## Contact

Thumbs up or thumbs down?  
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### Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7.
- Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Halve the **lime**.
- Halve, peel and chop the **onion** into small pieces.
- Drain and rinse the **lentils** in a sieve.
- Cut the **broccoli** into florets (like small trees). Halve any large florets. Cut the **lime** into quarters.



### Roast the Broccoli

- Pop the **broccoli** onto a lined baking tray.
- Drizzle with **oil**, season with **salt** and **pepper** then toss to coat. Spread out in a single layer.
- When the oven is hot, roast on the top shelf until the edges are crispy and slightly charred, 10-15 mins.



### Start the Stew

- Place a large pot over medium-high heat with a drizzle of **oil**.
- Fry the **onion**, **garlic** and **ginger** for 1-2 mins. Season with **salt** and **pepper**.
- Add the **lentils**, **vegetable stock** powder and **coconut milk** to the pot.
- Cover and simmer for 15-20 mins, stirring frequently. Add a little **water** if the **lentils** stick.



### Warm the Naan

- When your stew is almost cooked, lightly moisten the **naan breads** with a little **water**.
- Bake them for 3-5 mins to warm them up.
- Roughly chop the **coriander** (stalks and all).



### Add the Spinach

- When the stew is cooked, add the **broccoli** and **spinach** to the pot (reserve just a few leaves for serving).
- Stir in the juice of **half** the **lime** wedges.
- Season to taste with **salt** and **pepper**.
- Mix well and cook for 2 mins.



### Garnish and Serve

- Divide the stewed **lentils** between bowls.
- Serve any remaining **lime** wedges alongside.
- Garnish with **coriander**.
- Serve with the warm **naan**.

Enjoy!