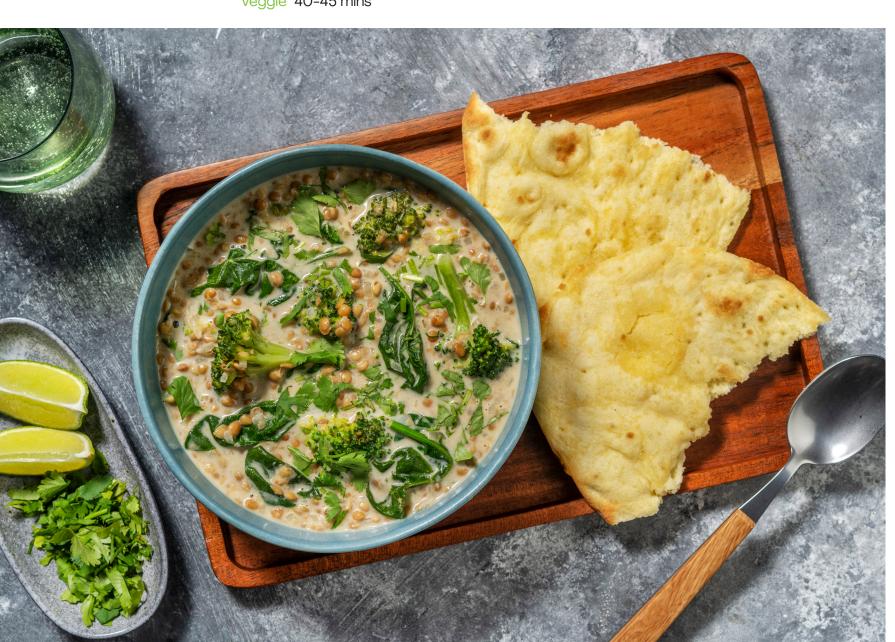


Fragrant Coconut Broccoli Stew

with lentils and warm naan

Veggie 40-45 mins























Coconut Milk







Baby Spinach

Coriander



Vegetable Stock

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 100g 100 g
100 g
470.2 kJ/ 112.4 kcal
3.2 g
2.3 g
15.4 g
4.2 g
3.3 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.



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!



Thumbs up or thumbs down? Head online or use the app to rate this recipe.

