



Creamy Lentil Spinach Stew

with naan bread and broccoli

Veggie 40-45 mins

9



Garlic



Ginger



Onion



Broccoli



Lime



Lentils



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

Ingredients

	2P	4P
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
Lentils	1 pack	2 packs
Coconut Milk	180 ml	360 ml
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?
Head online or use the app to
rate this recipe.



You can recycle me!



Get Prepped

- Preheat your oven to 220°C/200°C fan/gas mark 7. Dilute the **vegetable stock** with 280ml hot **water** (double for 4p).
- Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Cut the **lime** into thick wedges.
- Halve, peel and chop the **onion** into small pieces. Roughly chop the **coriander** (stalks and all).
- Cut the **broccoli** into florets (like small trees). Halve any large florets.



Add the Broccoli

- When the stew has 5-8 mins left to cook, add the **broccoli** to the pot.
- Season with **salt** and **pepper**, mix well, cover and simmer.
- Lightly moisten the **naan breads** with a little **water**.
- Bake them for 3-5 mins to warm them up.



Start the Stock

- In a pot, heat a drizzle of **oil** over medium-high heat.
- Fry the **onion, garlic** and **ginger** for 1-2 mins. Season with **salt** and **pepper**.
- Drain and rinse the **lentils** in a sieve. Add the **lentils** and diluted **stock** to the pot.
- Cover and simmer for 15-20 mins, stirring frequently. Add a little **water** if the **lentils** stick.



Cook the Spinach

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



Thicken the Stew

- Add the **coconut milk** to the pot.
- Simmer for another 12-15 mins, covered, until the mixture has thickened slightly. Stir occasionally.



Garnish and Serve

- Serve the stewed **lentils** in bowls.
- Squeeze **lime** juice to taste.
- Arrange a few leaves of fresh **spinach** on top, then sprinkle with **coriander**.
- Serve with the **naan** alongside.

Enjoy!