



Lentils in Coconut Milk

with naan and broccoli

Veggie 40-45 mins

19



Ginger



Garlic



Lentils



Coconut Milk



Coriander



Lime



Baby Spinach



Broccoli



Naan



Vegetable Stock



Onion

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

Ingredients

	2P	4P
Ginger	1 unit	2 unit
Garlic	1 unit	2 unit
Lentils	1 pack	2 pack
Coconut Milk	180 ml	360 ml
Coriander	10 g	20 g
Lime	1 unit	2 unit
Baby Spinach	60 g	120 g
Broccoli	1 unit	1 unit
Naan 13)	2 unit	4 unit
Vegetable Stock 10)	1 sachet	2 sachet
Onion	1 unit	2 unit

Nutrition

	Per serving	Per 100g
for uncooked ingredients	667.5 g	100 g
Energy (kJ/kcal)	3133.6 kJ/ 749 kcal	469.5 kJ/ 112.2 kcal
Fat (g)	21.3 g	3.2 g
Sat. Fat (g)	15.3 g	2.3 g
Carbohydrate (g)	102.7 g	15.4 g
Sugars (g)	27.9 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

10) Celery **13)** Cereals containing gluten

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. Dilute the **vegetable stock** with 280ml hot **water** (double for 4p).
- Peel and grate the **garlic** (or use a garlic press). Grate the **ginger**. Cut the **lime** into 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.
- Mix well, cover and simmer.
- Lightly moisten the **naan breads** with a little **water** then bake them for 3-5 mins to warm them up.



Start the Stock

- In a pot, heat a drizzle of **oil**.
- Fry the **onion, garlic** and **ginger** for 1-2 mins over medium-high heat.
- Add the **lentils** and **stock**.
- Cover and simmer for 15-20 mins, stirring frequently. Add a little **water** if the **lentils** stick.



Cook the Spinach

- After 5-8 mins of cooking, add the **spinach** to the pot (reserve just a few leaves for serving).
- Season 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.
- Arrange a few leaves of fresh **spinach** on top, then sprinkle with **coriander**.
- Serve with the **naan**.
- Squeeze a few drops of **lime** juice on top before serving.

Enjoy!