




Product Spotlight: Mushrooms


Adding mushrooms is a great way to boost the protein of the dish. Mushrooms are also one of the few natural food sources of vitamin D, which is great for strong, healthy teeth and bones!



H2 Creamy Mushroom Stew with Lentils

Hearty mushroom stew with lentils, carrot and kale, flavoured with fresh rosemary and served with creamy natural yoghurt.

 25 minutes

 2 servings

 Vegetarian

29 April 2022

Bulk it up!

Add any extra veg you have to the stew, such as sliced zucchini or diced potatoes. Or serve the stew with cooked short pasta, cooked grains, or crusty bread.

Per serve: **PROTEIN** 25g **TOTAL FAT** 5g **CARBOHYDRATES** 56g

FROM YOUR BOX

SHALLOT	1
MUSHROOMS	1 bag (150g)
ROSEMARY SPRIG	1
CARROT	1
TINNED LENTILS	400g
STOCK PASTE	1 jar
KALE	1 bunch
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, pepper, ground paprika

KEY UTENSILS

large saucepan

NOTES

Instead of adding kale to the stew you can make kale chips to serve with it. Toss the kale on a lined oven tray with oil, salt and pepper and bake until crispy.



1. SAUTÉ THE MUSHROOMS

Heat a large saucepan over medium-high heat with **oil**. Slice shallot and mushrooms. Roughly chop rosemary leaves. Add to pan as you go and sauté, stirring occasionally, for 5 minutes.



2. SIMMER THE STEW

Slice carrot. Add to the pan along with lentils (including liquid), **1 tin water** and stock paste. Simmer the stew for 10 minutes.



3. ADD THE KALE

Roughly chop kale leaves (see notes). Add to stew and cook, stirring, until wilted. Season to taste with **pepper**.



4. FINISH AND SERVE

Mix yoghurt with **1 tsp ground paprika**.

Divide stew among bowls. Dollop over yoghurt.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to hello@dinnertwist.com.au

