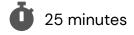




Creamy Mushroom Stew with Lentils

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





4 servings



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.

TOTAL FAT CARBOHYDRATES

20g

FROM YOUR BOX

SHALLOT	1
MUSHROOMS	1 bag (300g)
ROSEMARY SPRIGS	2
CARROTS	2
TINNED LENTILS	2 x 400g
STOCK PASTE	1 jar
KALE	1 bunch
NATURAL YOGHURT	1 tub

FROM YOUR PANTRY

oil for cooking, salt, 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 carrots. 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 **salt and pepper**.



4. FINISH AND SERVE

Mix yoghurt with 1 tsp ground paprika.

Divide stew among bowls. Dollop over yoghurt.





