



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



Product Spotlight: Red Lentils

Lentils are a great source of plant-based protein, with 18 grams in every one cup serving – the equivalent to eating about 3 whole eggs!



14 Ras El Hanout Lentils with Flatbread

Ras El Hanout spice with an Australian twist thanks to GH Produce. Red lentils and vegetables cooked in a tomato sauce served with garlic coconut yoghurt and gluten-free flatbread fingers.



30 minutes



4 servings



Plant-Based

9 September 2022

Bulk it up!

Bulk up this meal by adding extra veggies such as carrots, eggplant or cauliflower; this dish is also delicious served with rice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	19g	10g	37g

FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
ZUCCHINI	1
RAS EL HANOUT SPICE	1 sachet
RED LENTILS	200g
TOMATO PASSATA	1 jar
COCONUT YOGHURT	1 tub (200ml)
GLUTEN-FREE FLATBREAD	1
ENGLISH SPINACH	1 bunch

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, 1 garlic clove, white wine vinegar

KEY UTENSILS

large saucepan, oven tray

NOTES

If you have some fresh parsley, chop some and add to the oil.



1. SAUTÉ THE VEGETABLES

Set oven to 180°C.

Heat a saucepan over medium-high heat with **oil**. Dice onion, capsicum and zucchini. Add to pan as you go along with spice mix. Cook for 5 minutes until fragrant.



2. SIMMER THE STEW

Stir in lentils, tomato passata and **1 1/2 cups water**. Cover and simmer for 15–20 minutes, stirring occasionally, until thickened and lentils are tender (see step 5).



3. PREPARE THE YOGHURT

Combine yoghurt with **1/2 crushed garlic clove, 2 tsp vinegar, salt and pepper**. Set aside.



4. TOAST THE FLATBREAD

Combine **1/2 crushed garlic clove** with **1 tbsp olive oil** (see notes). Slice flatbread in half and rub with garlic oil. Toast in oven for 5 minutes until golden.



5. ADD THE SPINACH

Rinse and chop spinach. Stir through stew until wilted. Season to taste with **salt and pepper**.



6. FINISH AND SERVE

Slice flatbread into fingers. Divide stew among bowls and serve with a dollop of 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**

