



### 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!



## Ras El Hanout Lentils with Flatbread

Warming Ras el hanout spiced red lentils and vegetables cooked in a tomato sauce served with garlic coconut yoghurt and gluten-free flatbread fingers.



30 minutes



2 servings



Plant-Based

## 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** 12g **TOTAL FAT** 14g **CARBOHYDRATES** 44g

## FROM YOUR BOX

BROWN ONION	1
RED CAPSICUM	1
ZUCCHINI	1
RAS EL HANOUT SPICE	1 packet
RED LENTILS	100g
CHOPPED TOMATOES	400g
COCONUT YOGHURT	1 tub
GARLIC CLOVE	1
GLUTEN-FREE FLATBREAD	1
BABY SPINACH	60g

## FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, vegetable stock cube

## KEY UTENSILS

large pan, oven tray

## NOTES

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

*Ras El Hanout Spice: ground cumin, coriander, paprika, turmeric, allspice and coconut sugar.*



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### 1. SAUTÉ THE VEGETABLES

Set oven to 180°C.

Heat a pan 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

Crumble in **1 vegetable stock cube**. Stir in **lentils**, **tomatoes** and **1 tin 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 remaining **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

Stir **baby spinach** 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**.

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