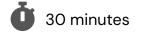**DINNER TWIST**
LOCAL, HEALTHY, DELIVERED
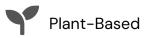
Ras El Hanout Lentils
with Flatbread

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

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.

🕐 30 minutes　　🍴 2 servings　　🌱 Plant-Based

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	13g	51g

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.

1. SAUTÉ THE VEGETABLES

Set oven to 180ºC.

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**, **1 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**.

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**