



**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



4/6 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	TOTAL FAT	CARBOHYDRATES
4/6 Person:	15g/17g	10g/7g	52g/63g

FROM YOUR BOX

	4 PERSON	6 PERSON
BROWN ONION	1	1
RED CAPSICUM	1	2
ZUCCHINI	1	2
RAS EL HANOUT SPICE	1 packet	2 packets
RED LENTILS	200g	200g + 100g
TOMATO PASSATA	1 bottle	2 bottles
COCONUT YOGHURT	1 tub	1 tub
GARLIC CLOVE	1	2
GLUTEN-FREE FLATBREAD	1	2
BABY SPINACH	120g	120g + 60g

FROM YOUR PANTRY

oil for cooking, olive oil, salt, pepper, white wine vinegar, 1 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.



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.

6P - combine remaining **1 1/2 crushed garlic clove** with **2 tbsp olive oil** (see notes).



2. SIMMER THE STEW

Crumble in **1 vegetable stock cube**. 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.

6P - use **1 1/2 bottles of passata** and **stir in 1-2 cups water**.



5. ADD THE SPINACH

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



3. PREPARE THE YOGHURT

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



6. FINISH AND SERVE

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

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