



**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.

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



4 servings



Plant-Based

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 packet
RED LENTILS	200g
TOMATO PASSATA	1 jar
COCONUT YOGHURT	1 tub
GARLIC CLOVE	1
GLUTEN-FREE FLATBREAD	1
BABY SPINACH	120g

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.



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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**, **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** (see notes). 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**

