



DINNER TWIST
LOCAL, HEALTHY, DELIVERED



PRODUCT SPOTLIGHT: LENTILS

Lentils are considered one of the best sources of plant-based, high-protein foods. There is 18g in every one cup serving - the equivalent to eating about 3 whole eggs!



3. SMOKEY LENTILS

WITH ROAST CAPSICUM

A nourishing stew with smokey leek, puy lentils and roast capsicum strips, finished with a dollop of pesto.

 30 Minutes

 2 Servings

 Plant-based

PER SERVE

PROTEIN	TOTAL FAT	CARBOHYDRATES
18g	36g	47g

13 April 2020

FROM YOUR BOX

PUY LENTILS	1 packet (100g)
LEEK	1/2 *
CARROT	1
BABY WOMBOK CABBAGE	1/2 *
THYME	1/2 packet *
VEGGIE STOCK	1 jar
CHOPPED TOMATOES	400g
ROASTED CAPSICUMS	1/2 tub *
PESTO	1/3 jar *

* Ingredient also used in another recipe

FROM YOUR PANTRY

oil (for cooking), salt, pepper, smoked paprika, dried oregano

KEY UTENSILS

saucepan, large frypan or saucepan with lid

NOTES

This is a great dish to add any leftover veggies or extra beans and chickpeas too. Add extra flavour with tomato paste or fresh herbs and spices such as fennel seeds, dried marjoram or dried Italian herbs.

Stretch the dish out and serve the stew with a side of polenta or crusty bread!



1. COOK THE LENTILS

Place lentils in a saucepan and cover with water. Bring to the boil and simmer for 15-20 minutes, or until tender but still firm. Drain and rinse.



2. SAUTÉ THE VEGETABLES

Slice leek and carrot into rounds. Roughly chop cabbage. Add to frypan with **1 tbsp oil** over medium-high heat. Add thyme leaves, **3 tsp smoked paprika** and **1 tsp dried oregano**. Cook for 4-5 minutes until softened.



3. SIMMER THE STEW

Stir in stock paste, chopped tomatoes and **2 cups water**. Drain, slice and add capsicums. Cover and simmer for 10 minutes.



4. ADD THE LENTILS

Stir in cooked lentils. Season with **salt and pepper**.



5. FINISH AND PLATE

Divide lentils among bowls. Serve with a dollop of pesto.