



More than Food

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Hearty Lentil and Bean Stew

with Ginger, Cilantro, and Basmati Rice

Beans and lentils are stewed with an array of spices, ginger, and tomato paste for major depth of flavor. Sour cream adds a touch of richness, while fresh cilantro and lime lend a lovely brightness that ties it all together.



30 min



level 1



veggie



gluten free



nut free



Basmati Rice



Cilantro



Lime



Garlic



Onion



Ginger



Jalapeño



Lentils



Kidney Beans



Ground Coriander



Ground Cumin




Tomato Paste



Sour Cream

Ingredients

	2 People	4 People
Basmati Rice	½ C	1 C
Cilantro	¼ oz	½ oz
Lime	1	2
Garlic	2 cloves	4 cloves
Onion	1	2
Ginger	1 thumb	2 thumbs
Jalapeño 	1	2
Lentils	½ C	1 C
Kidney Beans	1 can	2 cans
Ground Coriander	½ t	1 t
Ground Cumin	½ t	1 t
Tomato Paste	2 T	4 T
Sour Cream ¹⁾	2 oz	4 oz
Olive Oil*	1 T	2 T

*Not Included

Allergens

1) Milk

Tools

2 Small Pots, Strainer,
Large Pan

Ruler

0 in ¼ in ½ in ¾ in 1 in

Nutrition per person Calories: 698 cal | Fat: 14 g | Sat. Fat: 4 g | Protein: 33 g | Carbs: 105 g | Sugar: 8 g | Sodium: 307 mg | Fiber: 22 g

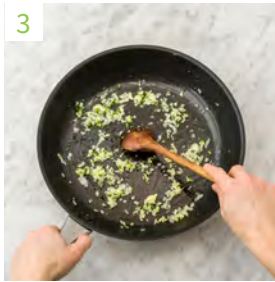
Make sure to wash and dry produce before prepping or cooking!

2



1 Cook the lentils: In a small pot, bring **1 ½ cups water** and a large pinch of **salt** to a boil. Place the **lentils** in another small pot with enough water to cover by 1-inch. Bring to a boil, then reduce to a simmer and cook for 20 minutes, until tender. Once boiling, add the **rice** to the other small pot, cover, and simmer for 15 minutes, until tender.

3



2 Prep the ingredients: Drain and rinse the **beans**. Halve, peel, and finely dice the **onion**. Mince or grate the **garlic**. Finely chop the **jalapeño**, removing the ribs and seeds if you prefer less heat. Finely chop the **cilantro**. Halve the **lime**, then cut 1 half into wedges. Peel and mince **2 teaspoons ginger**.

4



3 Start the stew: Heat **1 Tablespoon oil** in a large pan over medium heat. Add the **onion, garlic, ginger**, and as much of the **jalapeño** as you like (start with a little and add more from there). Cook, tossing, for 5-6 minutes, until slightly caramelized. Add **half the cumin, half the coriander**, and **2 Tablespoons tomato paste** and cook for 30 seconds, until fragrant. Season with **salt** and **pepper**.

5



4 Add the lentils and beans: When the **lentils** are ready, add them to the pan along with the **beans** and **1/2 cup water**. Bring to a simmer for about 5 minutes, until thickened. Season generously with **salt** and **pepper**.

HINT: If your stew is too thick, add a splash of water.

5 Finish the stew: Juice **half the lime** into the stew. Stir in the **sour cream** and **half the cilantro** and season with **salt** and **pepper**.

HINT: If you prefer a more intensely-spiced stew, feel free to add the remaining cumin and coriander.

6 Plate: Serve the **lentil and bean stew** on a bed of **rice**, garnished with the **remaining cilantro** and **lime wedges**. Enjoy!