



ITALIAN LENTIL STEW

With Cheesy Eggplant, Zucchini and Yellow Peppers



HELLO LENTILS

Though small in size, lentils are a nutritional all-star that is packed with fibre and protein

PREP: 10 MIN | TOTAL: 35 MIN | CALORIES: 599



Baby Eggplant



Zucchini



Yellow Bell Pepper



Garlic



Basil



Onion, chopped



Red Lentils



Tomato Passata



Mozzarella Cheese, shredded



Vegetable Broth Concentrate



Italian Seasoning

BUST OUT

- Large Oven-Proof Pan
- Salt and Pepper
- Measuring Cups
- Olive or Canola oil

INGREDIENTS

	2-person
• Baby Eggplant	200 g
• Zucchini	227 g
• Yellow Bell Pepper	227 g
• Garlic	1 pkg (10 g)
• Basil	1 pkg (10 g)
• Onion, chopped	1 pkg (56 g)
• Red Lentils	1 pkg (113 g)
• Tomato Passata	1 box
• Mozzarella Cheese, shredded	2 1 pkg (113 g)
• Vegetable Broth Concentrate	1
• Italian Seasoning	1 pkg (2 tsp)

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

0 Seafood/Fruit de Mer	5 Tree Nut/Noix
1 Wheat/Blé	6 Mustard/Moutarde
2 Milk/Lait	7 Peanut/Cacahuète
3 Egg/Oeuf	8 Sesame/Sésame
4 Soy/Soja	9 Sulphites/Sulfites

*Laver et sécher tous les aliments.



START STRONG

Although basil stems are not very fun to eat, adding them to your simmering stew will infuse a subtle basil flavour to your sauce! You can use this technique in soup recipes too.



1 PREP Wash and dry all produce.* Cut the **zucchini** into ½-inch cubes. Core, then cut the **bell pepper** into ½-inch pieces. Mince or grate the **garlic**. Finely chop the **basil leaves**. (Reserve the **basil stems** — we'll use them to add extra flavour to the sauce!) Cut the **eggplant** into ¼-inch thin round slices.



2 COOK EGGPLANT Heat a large oven-proof pan over high heat. Add a generous drizzle of **oil**, then the **eggplant slices**. Cook until golden-brown and slightly softened, 2 min per side. Transfer to a plate.



3 START SAUCE Reduce the heat to medium. Add a drizzle of **oil**, then the **onions** and **peppers** to the pan. Cook, until softened, 4-5 min. Add the **garlic** and **Italian seasoning**. Stir for 1 min.



4 COOK SAUCE Add the **zucchini**, **lentils**, **passata**, **broth concentrate**, **basil stems** and **¾ cup water** to the pan. Bring to a gentle boil and cook, covered, stirring occasionally, until the lentils soften, 14-15 min. (**TIP:** If you take a bite, the lentils should not be hard.)



5 BROIL Remove the **basil stems** from the sauce. Season with **salt** and **pepper**. Arrange the **eggplant slices** on top of the stew. Sprinkle over the **mozzarella**. Broil in the centre of the oven, until golden-brown and the cheese melts, 3-4 min. (**TIP:** If you don't have an oven-proof pan, transfer the mixture to a baking dish before broiling.)



6 FINISH AND SERVE Divide the **stew** between plates. Sprinkle with the **basil leaves**.

LENTIL LOVE!

Did you know that Saskatchewan grows over 60% of the world's lentils?