



LEEK AND LENTIL FRICASSEE

with Mushrooms, Spinach and Goat's Cheese Ciabatta



HELLO FLORA ORIGINAL

Flora contains absolutely no preservatives, artificial colours or flavours.



Leek



Chestnut Mushrooms



Lentils



Ciabatta



Original Onion Marmalade



Goat's Cheese



Vegetable Stock Powder



Wholegrain Mustard



Baby Spinach



Chives



Double Cream



Flora Original

MEAL BAG

20 mins

3.5 of your 5 a day

Veggie

Rapid recipe

Tonight's 20-minute fricassee is the ultimate vegetarian recipe for a cosy night in. Packed with juicy mushrooms, leeks, spinach and lentils, combined in a velvety sauce, and served alongside toasted goat's cheese ciabatta to scoop everything up with, each mouthful of this dish is pure heaven.

GET PREPARED!

Preheat the Oven to 220°C.

16

BEFORE YOU START

- Preheat** the Oven to **220°C**.
- Wash** the veggies.
- Make sure you've got a **Sieve, Baking Tray, Large Saucepan** and **Measuring Jug**. Let's start cooking the **Leek and Lentil Fricassee with Mushrooms, Spinach and Goat's Cheese Ciabatta**.



1 PREP TIME

- Trim the root and the dark green leafy part from the **leek**.
- Halve lengthways then thinly slice widthways.
- Halve the **chestnut mushrooms**.
- Drain and rinse the **lentils** in a sieve.



2 BAKE THE CIABATTA

- Halve the **ciabatta** (as if you were making a sandwich) and spread the **onion marmalade** on the cut sides.
- Slice the **goat's cheese** into three rounds per person.
- Place the **goat's cheese slices** on top of each **ciabatta half**.
- Pop onto a baking tray and bake on the middle shelf of your oven for 10-12 mins.



4 MAKE IT CREAMY

- Stir in **double cream** and bring to a simmer, then stir in the **mustard** and the **lentils**.
- Add the **baby spinach** a handful at a time, stir and allow to wilt, 2-3 mins.
- Remove from the heat.



5 FINISH OFF

- Finely chop the **chives** (or snip with scissors if it's easier).
- Remove the **cheesy ciabattas** from the oven and get ready to serve.



3 START COOKING

- Meanwhile, heat the **Flora Original** in a large saucepan over medium-high heat.
- When hot, add the **mushrooms** and cook, stirring frequently, for 3 mins.
- Add the **leeks** and cook until soft, adding a splash more **oil** if needed, 2-3 mins.
- Stir in the **stock powder** and the **water** (see ingredients for amount).



6 TASTE AND SERVE!

- Taste the **lentils** and add **salt** and **pepper** as needed. Share between your bowls.
- Cut the **ciabatta** at an angle so you have two pieces per person and place on top of the **lentils**.
- Finish with a sprinkling of **chives**.

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Leek *	1	1	2
Chestnut Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Lentils	1 carton	1½ cartons	2 cartons
Ciabatta (11) (13)	1	1½	2
Original Onion Marmalade	1 pot	1½ pots	2 pots
Goat's Cheese (7) *	1 log	1½ logs	2 logs
Vegetable Stock Powder (10)	½ sachet	¾ sachet	1 sachet
Water*	100ml	150ml	200ml
Wholegrain Mustard (9)	1 pot	1½ pots	2 pots
Baby Spinach *	1 small bag	1 small bag	1 large bag
Chives *	½ bunch	¾ bunch	1 bunch
Double Cream (7) (11) *	120ml	180ml	240ml
Flora Original	20g	30g	40g

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 459G	PER 100G
Energy (kJ/kcal)	2690 / 643	586 / 140
Fat (g)	42	9
Sat. Fat (g)	23	5
Carbohydrate (g)	42	9
Sugars (g)	14	3
Protein (g)	22	5
Salt (g)	1.84	0.40

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

(7) Milk (9) Mustard (10) Celery (11) Soya (13) Gluten

Flora Ingredients: Plant oils (sunflower, rapeseed, palm, linseed), water, salt, plant based emulsifier (sunflower lecithin), vinegar, natural flavourings, vitamin A.

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

Head online or use our app to rate this recipe or get in touch via hello@hellofresh.co.uk



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Enjoy!