

# MARLEY SPOON



## Curried Lentil Stew

with Yogurt & Crispy Shallots

 30-40min  2 Servings

We think everything is made even better with a topping of crispy, fried shallots, and this richly flavored lentil curry is no exception. The oil used to fry the shallots is too tasty to discard, so we stir a little into the yogurt and then drizzle more onto the lentils before serving.

## What we send

- 1 shallot
- ½ lb baby potatoes
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- ¼ oz cumin seeds
- ¼ oz curry powder
- 3 oz French green lentils
- 5 oz basmati rice
- 4 oz Greek yogurt <sup>7</sup>

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- microplane or grater
- medium saucepan
- small saucepan
- microwave

## Allergens

Milk (7). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 710kcal, Fat 16g, Carbs 112g, Protein 28g



### 1. Prep ingredients

Halve and thinly slice **shallot**. Halve **potatoes** (quarter if large).

Peel and finely grate **1 teaspoon ginger**. Pick **cilantro leaves** from **stems**; set aside leaves and finely chop stems.



### 4. Make rice

Meanwhile, in a small saucepan, combine **rice, 1 ¼ cups water, and ½ teaspoon salt**. Bring to a boil. Cover and cook over low heat until liquid is absorbed, about 17 minutes. Keep covered off heat until ready to serve.



### 2. Sauté aromatics

Heat **1 tablespoon oil** in a medium saucepan over medium. Add **half of the shallots** and cook, stirring, until softened, about 2 minutes. Add **ginger, cilantro stems, 1 teaspoon cumin seeds, and ½ tablespoon curry powder**. Cook, stirring, until fragrant, about 1 minute.



### 5. Fry shallots

Place **remaining shallots** in a small bowl with just enough **oil** to cover. Microwave on high until shallots are golden and crisp, stirring every 30 seconds, 3-4 minutes (when shallots start to brown, check every 10 seconds to avoid burning).

Transfer shallots to a paper towel-lined plate and immediately sprinkle with **salt**. Reserve **shallot oil** in bowl.



### 3. Finish curry

Add **lentils, potatoes, 2 cups water, ½ teaspoon salt, and a generous pinch of pepper**. Bring to a boil. Reduce to a simmer and cook, stirring occasionally, until potatoes and lentils are tender and stew has thickened, about 30 minutes.



### 6. Finish & serve

In a small bowl, combine **yogurt** and **1 tablespoon shallot oil**. Season to taste with **salt** and **pepper**. Fluff **rice** with a fork.

Serve **lentil stew** over **rice** and garnish with **yogurt, cilantro leaves, fried shallots, and a drizzle of shallot oil**, if desired. Enjoy!