



Curried Lentil & Chickpea Stew

with Garlic Flatbread & Yogurt



30-40min



2 Servings

Chickpeas and lentils are the perfect pairing for a vegetarian dinner, that's packed with protein and is super satisfying. These pulses are simmered in a luscious tomato-based curry, made extra creamy thanks to the addition of coconut milk. Served with toasted garlicky flatbreads, just waiting to soak up the sauce.

What we send

- 1 pkt coconut milk powder^{7,15}
- 1 medium red onion
- garlic (use 2 large cloves)
- 1 can chickpeas
- 1 can whole-peeled tomatoes
- ¼ oz fresh cilantro
- curry powder (use 3½ tsp)
- red lentils (use ½ cup)
- 2 Mediterranean Pitas^{1,6,11}
- 1 container Greek yogurt⁷

What you need

- olive oil
- kosher salt & pepper
- butter⁷

Tools

- fine-mesh sieve
- medium saucepan
- small skillet

Allergens

Wheat (1), Soy (6), Milk (7), Sesame (11), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 840kcal, Fat 30g, Carbs 112g, Protein 39g



1. Prep ingredients

Preheat oven to 450°F with a rack in the upper third. In a measuring cup, whisk **coconut milk powder** with **1½ cups hot tap water**. Peel and finely chop **onion**. Peel and finely chop **2 teaspoons garlic**. Drain **chickpeas**. Using kitchen shears, cut **tomatoes** in the can until finely chopped. Pick **cilantro leaves** from **stems**. Finely chop stems; coarsely chop leaves.



4. Prep flatbreads

While **stew** simmers, heat **2 tablespoons butter or oil** in a small skillet over medium-high. Remove from heat, then stir in **cilantro stems** and **remaining chopped garlic**. Brush all over one side of each **pita**.



2. Cook aromatics

In a medium saucepan, heat **1 tablespoon oil** over medium-high. Add **onions** and **a pinch each salt and pepper**. Cook, stirring occasionally, until softened and lightly browned, about 5 minutes. Add **3½ teaspoons curry powder** and **1 teaspoon of the garlic** and cook, stirring, until fragrant, about 30 seconds.



5. Bake flatbreads

Place **flatbread** directly on upper oven rack and bake until fragrant and starting to brown, about 3 minutes (watch closely, as ovens vary). Remove from oven and cut into wedges.



3. Add lentils

Add **chickpeas, coconut milk, tomatoes**, and **½ cup lentils** to the saucepan. Using a spoon, scrape any browned bits from the bottom. Bring to a boil over high heat. Reduce heat to medium and simmer, scraping bottom occasionally to prevent lentils from sticking, until stew is thickened and lentils are tender, about 20 minutes. Season to taste with **salt** and **pepper**.



6. Finish & serve

Top **stew** with **yogurt** and **cilantro leaves**, and serve **garlic flatbread** alongside. Enjoy!