

# MARLEY SPOON



## Red Lentil Stew

with Crispy Lime Tortilla Strips



30-40min



2 Servings

Hearty lentils are both good for you and tasty! We use red lentils for this Tex-Mex inspired vegetarian dish that brings some next level flavor. The lentils are cooked with red onions, roasted red peppers, tomato paste, and fresh cilantro. We top the stew with crisp, flaky flour tortilla strips tossed with lime zest and salt for an added layer of flavor and texture. Cook, relax, and enjoy!



## What we send

- red lentils
- canned tomato paste
- cilantro
- red onion
- garlic
- lime
- roasted red pepper
- ground cumin
- 7

## What you need

- kosher salt & ground pepper
- olive oil

## Tools

- rimmed baking sheet

## Allergens

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

## Nutrition per serving

Calories 580kcal, Fat 18g, Carbs 81g, Protein 27g



### 1. Prep ingredients

Preheat oven to 350°F with a rack in the lower third. Finely chop **cilantro leaves and stems**. Peel and finely chop **1 cup onion**. Roughly chop **roasted peppers**. Zest **lime**, then cut into quarters. Peel 2 large garlic cloves; finely chop **1 teaspoon garlic**, cut **second clove** in half.



### 4. Bake tortilla strips

Rub one side of each **tortilla** with the **halved garlic**. Brush the tortillas all over with **2 teaspoons oil**; sprinkle with **lime zest** and **¼ teaspoon salt**. Stack tortillas and cut into ¼-inch thick strips. Transfer **tortilla strips** to a foil lined rimmed baking sheet. Bake, stirring occasionally, until golden and crisp all over, 15-20 minutes.



### 2. Sauté aromatics

Heat **1 tablespoon oil** in a medium pot over medium-high. Add **chopped garlic** and **all but 2 tablespoons onion** (reserve remaining onion for step 6) and cook until fragrant, about 1 minute.



### 5. Make lime crema

In a small bowl, whisk together **sour cream**, **a pinch of salt**, and **2 teaspoons lime juice** (from two of the **reserved lime quarters**).



### 3. Build stew

To the pot with **onions** and **garlic**, add **lentils**, **roasted peppers**, **2 tablespoons of the tomato paste** (save rest for own use), and **1½ teaspoons cumin**, **¾ cups water**, **half of the cilantro**, **½ teaspoon salt**, and **a few grinds pepper**. Bring to a boil. Reduce heat to medium-low, and simmer until lentils are tender, about 20 minutes.



### 6. Serve

Spoon **red lentil stew** into bowls. Top with the **lime crema**, **reserved 2 tablespoon onions**, **remaining cilantro**, and **tortilla strips**. Serve **remaining lime wedges** on the side for squeezing over. Enjoy!