



Red Lentil & Curried Chickpea Stew

with Sweet Potato, Kale & Herb Yogurt



20-30min



2 Servings

Aromatic thyme and savory curry powder flavor this hearty, fiber-packed vegetarian stew. Red lentils cook down and lend body to the broth, while sweet potatoes soak in all the precious flavors while the stew simmers. Complement each bowl with a dollop of herb yogurt for the ultimate finishing touch.

What we send

- 1 yellow onion
- garlic
- ¼ oz fresh thyme
- 1 sweet potato
- 1 bunch curly kale
- ¼ oz curry powder
- 3 oz red lentils
- 15 oz can chickpeas
- 4 oz Greek yogurt ⁷

What you need

- olive oil
- kosher salt & ground pepper

Tools

- large Dutch oven or pot

Allergens

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

Nutrition per serving

Calories 560kcal, Fat 20g, Carbs 107g, Protein 36g



1. Prep ingredients

Finely chop **onion**. Finely chop **1 large clove garlic**. Pick **thyme leaves** from stems and chop 1 tablespoon. Cut **sweet potato** into 1-inch pieces. Strip **kale leaves** from tough stems, discard stems; tear or chop leaves into bite-sized pieces.



2. Sauté aromatics

Heat **2 tablespoons oil** in a large Dutch oven or pot over medium. Add **onions** and **sweet potato**; cook until golden, about 5 minutes.

Stir in **garlic**, **2 teaspoons curry powder**, and **⅔ of the chopped thyme**. Cook, stirring, until fragrant, about 1 minute.



3. Build stew

Add **lentils, chickpeas and their liquid**, and **2½ cups water**. Season with **salt** and **pepper**. Bring to a boil. Reduce to a simmer and cook until **potatoes** and lentils are tender, 20-25 minutes.



4. Finish stew

Stir in **kale** and simmer until kale is tender, about 5 minutes.



5. Make herb yogurt

Stir together **yogurt** and **remaining chopped thyme**. Season to taste with **salt** and **pepper**.



6. Serve

Season **stew** to taste with **salt** and **pepper** and divide between bowls. Serve **stew** with a dollop of **herb yogurt**. Enjoy!