



Curried Tomato & Lentil Stew

with Cilantro & Toasted Naan



30-40min



2 Servings

This is one of the coziest dishes we have ever had—you're definitely gonna want to curl up with this one! Red lentils are simmered with a fragrant combination of onions, ginger, cilantro, and curry powder. Canned tomatoes lend a gentle acidity to the stew while coconut milk gives a creamy richness. Scoop it all up with toasted naan!

What we send

- coconut milk powder ^{7,15}
- 1 medium yellow onion
- 1 oz fresh ginger
- ¼ oz fresh cilantro
- 1 carrot
- curry powder (use 3½ tsp)
- 6 oz red lentils
- 1 can cherry tomatoes
- 2 naan breads ^{1,3,6,7}

What you need

- olive oil
- kosher salt & ground pepper

Tools

- box grater
- medium saucepan
- rimmed baking sheet

Allergens

Wheat (1), Egg (3), Soy (6), Milk (7), Tree Nuts (15). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 920kcal, Fat 20g, Carbs 145g, Protein 43g



1. Prep ingredients

In a medium bowl, whisk **coconut milk powder** into **¾ cup hot tap water**. Peel and finely chop **onion**. Peel and finely chop **half of the ginger** (save rest for own use). Pick **cilantro leaves** from **stems**; finely chop stems and coarsely chop leaves, keeping them separate. Trim ends from **carrot**, then peel and coarsely grate.



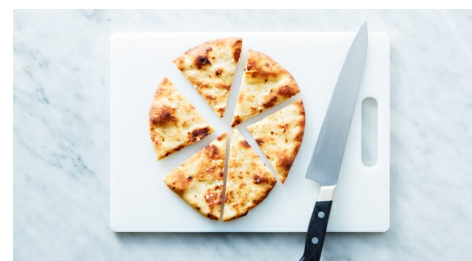
4. Add tomato & coconut milk

Add **tomatoes** and **coconut milk**. Cook over medium-high heat, lightly crushing tomatoes with a spoon, until stew is thickened and **lentils** are very soft, 8-10 minutes. Add **grated carrots**; cook until softened, about 4 minutes. Remove from heat. Stir in **half of the cilantro leaves**. Season to taste with **salt** and **pepper**.



2. Cook aromatics

In a medium saucepan, heat **1 tablespoon oil** over medium. Add **onions, ginger, cilantro stems**, and season with **salt**. Cook, stirring frequently, until softened, about 5 minutes. Add **3½ teaspoons curry powder** and cook, stirring, until fragrant, about 30 seconds.



5. Broil naan

Preheat broiler with top rack 6 inches from heat source. Lightly brush both sides of each piece of **naan** with **oil**. Sprinkle with **salt**. Place on a rimmed baking sheet. Broil until golden brown, flipping once halfway through, about 2 minutes (watch closely as broilers vary). Transfer to a cutting board and cut into wedges.



3. Add lentils

Add **lentils** and **3 cups water**. Using a spoon, scrape any browned bits from bottom of saucepan. Cook over medium heat until lentils are nearly tender, about 10 minutes.



6. Finish & serve

Ladle **lentil stew** into bowls. Drizzle with **olive oil** and garnish with **remaining cilantro leaves**. Serve with **toasted naan wedges**. Enjoy!