



Curried Tomato and Lentil Stew

with Cilantro and 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! Cook, relax, and enjoy!

What we send

- yellow onion
- fresh ginger
- fresh cilantro
- carrots
- canned cherry tomatoes
- red lentils

What you need

- kosher salt & ground pepper
- olive oil

Tools

- box grater
- medium saucepan
- rimmed baking sheet

Read through the whole recipe before you start. Rinse and dry all produce before using. Weights may vary slightly.

For recipes containing garlic, you'll find one head of garlic in your box.

We recommend you use coarse kosher salt stored in a container that allows you to grab it with your fingertips, or scoop with measuring spoon.

Allergens

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 794.0kcal, Fat 24.0g, Proteins 34.6g, Carbs 111.9g



1. Prep ingredients

Halve **onion**, then peel and finely chop. Peel and finely chop **half of the ginger** (save rest for own use). Pick **cilantro leaves**; finely chop **stems**, coarsely chop **leaves**, keeping them separate. Trim ends from **carrot**, then peel, and coarsely grate.



4. Add tomato & coconut milk

Add **tomatoes, coconut milk powder**, and $\frac{2}{3}$ **cup water**. Cook over medium, 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. Season with **1 teaspoon salt**, $\frac{1}{2}$ **teaspoon freshly ground pepper**, and **half of the cilantro leaves**.



2. Cook aromatics

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



5. Broil naan

Preheat broiler with top rack 6-inches from heat source. Lightly brush both sides of **naan** with **oil**. Sprinkle with **salt**. Place on a rimmed baking sheet. Broil until golden brown, about 2 minutes, flipping once halfway through (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 until 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!