**Product Spotlight:
Red Lentils**

Lentils are a great source of plant-based protein, with 18 grams in every one cup serving – the equivalent to eating about 3 whole eggs!

I2 Ras El Hanout Lentils

with Flatbread

Ras El Hanout spice with an Australian twist thanks to GH Produce. Red lentils and vegetables cooked in a tomato sauce served with garlic coconut yoghurt and gluten-free flatbread fingers.

🕙 30 minutes   🍴 2 servings   🌱 Plant-Based

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Bulk it up!

Bulk up this meal by adding extra veggies such as carrots, eggplant or cauliflower; this dish is also delicious served with rice.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	20g	13g	51g

1. SAUTÉ THE VEGETABLES

Set oven to 180ºC.

Heat a saucepan over medium-high heat with **oil**. Dice onion, capsicum and zucchini. Add to pan as you go along with spice mix. Cook for 5 minutes until fragrant.

2. SIMMER THE STEW

Stir in lentils, tomatoes and **1 tin water**. Cover and simmer for 15-20 minutes, stirring occasionally, until thickened and lentils are tender (see step 5).

3. PREPARE THE YOGHURT

Combine yoghurt with **1/2 crushed garlic clove, 1 tsp vinegar, salt and pepper**. Set aside.

4. TOAST THE FLATBREAD

Combine **1/2 crushed garlic clove** with **1 tbsp olive oil** (see notes). Slice flatbread in half and rub with garlic oil. Toast in oven for 5 minutes until golden.

5. ADD THE SPINACH

Stir spinach through stew until wilted. Season to taste with **salt and pepper.**

6. FINISH AND SERVE

Slice flatbread into fingers. Divide stew among bowls and serve with a dollop of yoghurt.

How did the cooking go? We'd love to know - help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**