



Vegan Spinach Stew

Serves 4

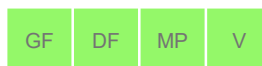
14 oz. (400g) spinach, fresh
2 cups (400g) lentils, can,
drained
2 cloves garlic, chopped
2 tbsp. tahini
1 tbsp. coconut oil
1 ½ cup (300g) chickpeas, can,
drained
½ cup (15g) parsley, chopped
½ cup (15g) basil, chopped
1 onion, chopped
1 tsp. ground coriander
1 tsp. ground cumin
2 cups (500ml) vegetable stock

What you need to do

1. Heat a large pot over medium heat, add the spinach with a splash of water and cook until wilted. Remove from pan and allow to cool.
2. In the same pot, heat the coconut oil and cook the onion and garlic until frequent and soft.
3. Add the cumin and coriander powder and mix well, fry together with the onion for another 2 minutes.
4. Next, add the lentils and pour in the stock. Bring to a boil, reduce the heat and simmer for 10 minutes covered.
5. Put the spinach together with the parsley and basil in a high-speed blender or food processor and mix until smooth. Stir in the tahini and season with salt and pepper.
6. Add the spinach mixture and chickpeas to the lentils and warm through to serve.

Notes:

Spinach is an extremely nutrient-rich vegetable. It packs high amounts of carotenoids, vitamin C, vitamin K, folic acid, iron, & calcium. Lentils are packed with B vitamins, magnesium, zinc and potassium.



Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
5 mins	20 mins	282	11	31	16

*Nutrition per serving.

