VEGETABLE STEW

(ALLERGENS ARE IN BOLD)

Ingredients:

- 1 table spoons of olive oil
- 1 finely chopped onion
- 3 garlic cloves
- 1tsp smoked paprika
- 1/2 tsp ground cumin
- 1tsp dried thyme
- 3 medium carrots
- 2 medium celerv sticks

- 1 red pepper
 - 1 yellow pepper
- 2 x400g tins of tomatoes
- 1 vegetable stock cube added to 250ml of water
- 2 courgettes (approx 300g)
- 250g puy lentils

Directions:

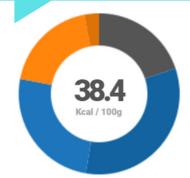
- Heat the oil in a pan on medium heat and add the onion Cook for 5-10 minutes until softened
- Add the garlic cloves, paprika, cumin, thyme. carrots, celery and peppers. Cook for another 5 minutes.
- Add the tomatoes along with the vegetable stock and courgettes
- Stir in the cooked lentils, simmer for 5 minutes and serve!



NUTRITIONAL INFORMATION

VEGETABLE STEW

354ML OF WATER PER PORTION



CALORIES:

58.1% Carbs 19.9% Protein 22% Fat

	PER 403G SERVING	%RI
Energy(Kj)	725 kJ	9%
Energy(kcal)	173 kcal	9%
Fat	3.8 g	5%
of which saturates	0.5 g	3%
Carbohydrate	23 9	9%
of which sugars	13 9	14%
Fibre	8.9 9	36%
Protein	7.7 9	15%
Salt	0.84 ⁹	14%