

# VEGETABLE STEW

(ALLERGENS ARE IN BOLD>)

## Ingredients:

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



*Enjoy!*



# NUTRITIONAL INFORMATION

VEGETABLE STEW

354ML OF  
WATER  
PER PORTION



CALORIES:

**58.1% Carbs**

**19.9% Protein**

**22% Fat**

PER 403G SERVING %RI

Energy(Kj)	<b>725</b> kJ	<b>9%</b>
Energy(kcal)	<b>173</b> kcal	<b>9%</b>
Fat	<b>3.8</b> g	<b>5%</b>
<i>of which saturates</i>	<b>0.5</b> g	<b>3%</b>
Carbohydrate	<b>23</b> g	<b>9%</b>
<i>of which sugars</i>	<b>13</b> g	<b>14%</b>
Fibre	<b>8.9</b> g	<b>36%</b>
Protein	<b>7.7</b> g	<b>15%</b>
Salt	<b>0.84</b> g	<b>14%</b>