



Food For Thought Recipe and Allergen Card

Vegetable and Lentil Stew

100 Portions

Ingredient	Hannah Product Code	Quantity
Dried red lentils - washed		1.5k
Sweet potato – peeled and diced		3k
Carrot – Peeled and diced		3k
Chopped tomato	D002052	2x 2.5k
Tomato puree	D001630	1 tbsp
Onion – diced		2k
Garlic – diced		1 bulb
Celery - diced		3k
Salt	D001199	To taste
Pepper	D001103	To taste
Olive oil	D001010	For frying
Mixed herbs	D001161	2tbsp
Gravy Powder	D006533	To thicken slightly

RECIPE METHOD – ALLERGENS

1. In a heavy bottomed pan add enough oil for frying and heat
2. Add onion, garlic and dried herbs and cook for 5 minutes
3. Add carrot, sweet potato and **celery**, season with salt and pepper, cook for 10 minutes
4. Add tomato puree and stir well
5. Add chopped tomatoes
6. Bring to simmer and cook for 20 minutes
7. Wash the lentils in cold water
8. Add to the stew and cook for 30 minutes until lentils and vegetables are tender and well cooked
9. Lentils absorb water so add more water if necessary
10. Following the manufacturer's instructions add a little gravy mix to thicken and darken the sauce slightly

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
Milk
Eggs
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...