



Cooking Made Easy

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A Trendy Cauliflower and Lentil Panang Curry

Patrick likes to think he's pretty 'down with the kids' (though the fact that he even uses that phrase speaks volumes about how cool he really is!). Recently he's been noticing a big trend for eating cauliflower, beyond the usual cheese-covered stuff you might eat with your Sunday lunch. Tonight you'll be giving it a Malaysian spin with our delicious Panang paste. At this rate we may even see Kale on the menu in the near future!

40 min

lactose free

vegan

gluten free



Brown Rice



Organic Green Lentils



Onion



Ginger



Garlic Clove



Green Beans



Panang Curry Paste



Organic Coconut Milk



Vegetable Stock Pot



Cauliflower Florets



Coriander

Ingredients

	2P	4P
Brown Rice	½ cup	1 cup
Organic Green Lentils	1 tin	2 tins
Onion, diced	1 cup	2 cups
Ginger, chopped	1 tbsp	2 tbsp
Garlic Clove, diced	1	2
Green Beans	1 cup	2 cups
Panang Curry Paste	1 tbsp	2 tbsp
Organic Coconut Milk	¾ cup	1½ cups
Vegetable Stock Pot 1	½	1
Cauliflower Florets	2 cups	3 cups
Coriander, chopped	3 tbsp	5 tbsp

🌱 May feature in another recipe

🌱 Our produce comes fresh from the farm so give it a little wash before using

Allergens

1) Celery

Nutrition per serving: Calories: 813 kcal | Protein: 29 g | Carbs: 125 g | Fat: 22 g | Saturated Fat: 16 g



1 Bring a large pot of water to a rapid boil on high heat. Rinse the ½ cup of brown rice under running water for half a minute. Add the rice with ¼ tsp of salt to the water and cook on high heat for around 25 mins (topping up the water if you need to).

before removing the lid and cooking for a further 5 mins.



2 Drain and thoroughly rinse the lentils. Peel and finely dice the onion. Peel the ginger using the edge of a spoon and then very finely chop (or grate it). Peel and very finely dice the garlic. Chop the green beans widthways into 3 pieces, disregarding the ends.

6 Lastly chop a few tbsp of coriander and stir both this and the lentils through the curry before serving it on top of your brown rice.



3 Heat 1 tbsp of olive oil in a frying pan on medium-low heat. Once warm add the onion, ginger and garlic with a pinch of salt and pepper and slowly cook for 5 mins.

7 *What do you think of kale? Tasty or just a bit scratchy while you eat it? Let us know on our Facebook page! [Facebook.com/hellofreshuk](https://www.facebook.com/hellofreshuk)



4 Add the panang curry paste and cook for one minute before adding the coconut milk. Add half the stock cube with 100ml of water and turn the heat to medium.

5 Separate the cauliflower florets into bite size pieces and add these and the green beans into the curry sauce. Put a lid on the pan and let it gently bubble away for 10 mins,