



More Than Food
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Nourishing Cauliflower and Lentil Dal with Greek Yoghurt

Every week we sit down and go through all your recipe scores and comments and they make a huge difference in the way Head Chef Patrick plans your future dinners. The humble dal is a great example. Of all the Indian recipes we've created, this one stands out from the crowd both for taste and pure, body-nourishing warmth.



40 mins



spicy



gluten free



healthy



veggie



Onion (½)



Garlic clove (1)



Cauliflower (½)



Coriander (2 tbsp)



Green Beans
(1 pack)



Curry Powder
(1 tbsp)



Tomato Purée
(1 tbsp)



Organic Chopped
Tomatoes (1 tin)



Red Split Lentils
(½ cup)



Vegetable Stock
Pot (½)



Greek Yoghurt
(½ pot)

Ingredients

	2 PEOPLE	ALLERGENS
Onion, chopped	½	
Garlic Clove, chopped	1	
Cauliflower, florets	½	
Coriander, chopped	2 tbsp	
Green Beans, chopped	1 pack	
Curry Powder	1 tbsp	Mustard
Tomato Purée	1 tbsp	
Organic Chopped Tomatoes	1 tin	
Red Split Lentils	½ cup	
Vegetable Stock Pot	½	Celery, Sulphites
Greek Yoghurt	½ pot	Lactose

Our fruit and veggies come straight from the farm so give them a little wash before using

Did you know...

You shouldn't throw away your cauliflower leaves! They are entirely edible and brilliant to add to vegetable stocks and soups.

Waste not, want not.

Nutrition per serving: Calories: 414 kcal | Protein: 27 g | Carbs: 61 g | Fat: 7 g | Saturated Fat: 3 g



1 Peel and very finely chop half the **onion** and all the **garlic**. Chop the **cauliflower** into bite-sized florets. Roughly chop the **coriander**. Chop your **beans** into thirds and discard the ends.



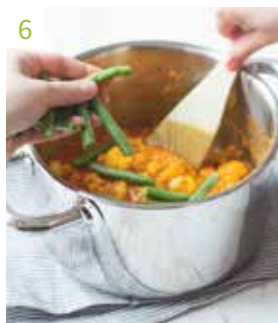
2 Heat 1 tbsp of **oil** in a large pot on medium-low heat. Add the **onion** and **garlic** and slowly cook for 5 mins. Season with ¼ tsp of **salt** and a few grinds of **pepper**.

Tip: If the onion starts to brown off turn the heat down a bit.



3 Once the **onions** are soft add the **curry powder** and stir.

4 Stir in the **tomato purée** and then add the **tinned tomatoes**. Add another ¼ tsp of **salt** and ¼ tsp of **sugar** (if you have some). Add the **red lentils**, 200ml of **water** and half the **stock pot**. Bring to a gentle bubble, put on a lid and leave for 5 mins.



5 Remove the lid and add the **cauliflower**. Cook for around 10 mins or until the **cauliflower** is tender.

6 When the **cauliflower** is halfway through cooking add the **green beans** and cook for 5 more mins.

Tip: Don't worry if the dal is drying out a little – just add a bit more water to get a looser consistency.

7 Stir through 1 tbsp of chopped **coriander** and 3 tbsp of the **yoghurt**. **Tip:** At this stage it's crucial to taste for seasoning - have a spoonful and add more salt and pepper to lift the flavours to their max!

8 Serve with a little more **coriander** and a nice big dollop of **yoghurt**.