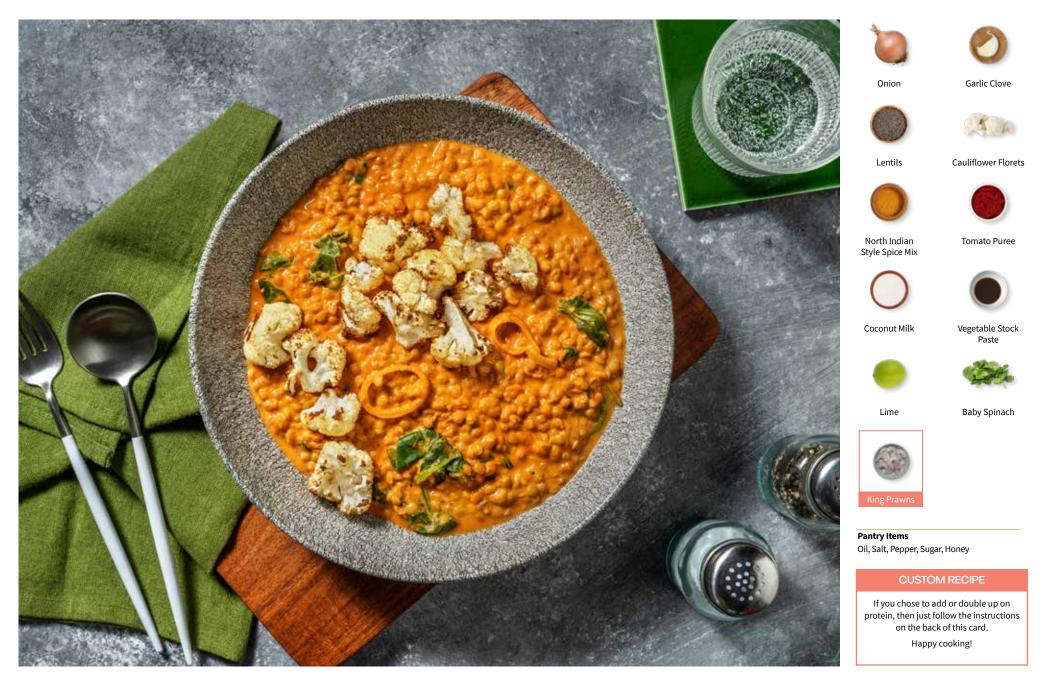


North Indian Style Cauliflower & Lentil Dal



with Caramelised Onion and Spinach

Classic 30-35 Minutes • Mild Spice • 5 of your 5 a day



Before you start

Our fruit and veg need a little wash before you use them! Wash your hands before and after prep. Ingredients in red are hot!

Cooking tools Garlic press, sieve, saucepan, and baking tray.

| Ingredients | 2P | 3P | 4P | | | | |
|-------------------------------------|----------|------------|-----------|--|--|--|--|
| Onion** | 1 | 1 | 2 | | | | |
| Garlic Clove** | 2 | 3 | 4 | | | | |
| Lentils | 1 carton | 1½ cartons | 2 cartons | | | | |
| Cauliflower Florets** | 300g | 450g | 600g | | | | |
| North Indian Style Spice Mix | 1 sachet | 2 sachets | 2 sachets | | | | |
| Tomato Puree | 30g | 45g | 60g | | | | |
| Coconut Milk | 200ml | 400ml | 400ml | | | | |
| Vegetable Stock Paste 10) | 10g | 15g | 20g | | | | |
| Lime** | 1/2 | 1 | 1 | | | | |
| Baby Spinach** | 40g | 100g | 100g | | | | |
| King Prawns** | 150g | 225g | 300g | | | | |
| Pantry | 2P | 3P | 4P | | | | |
| Sugar for the Onions* | ½ tsp | ¾ tsp | 1 tsp | | | | |
| Water for the Dal* | 100ml | 150ml | 300ml | | | | |
| Honey* | 1 tbsp | 1½ tbsp | 2 tbsp | | | | |
| *Not Included **Store in the Fridge | | | | | | | |

Nutrition

| | | | Ousconneoipe | | |
|----------------------------|----------------|-------------|----------------|-------------|--|
| Typical Values | Per serving | Per 100g | Per serving | Per 100g | |
| for uncooked ingredient | 519g | 100g | 594g | 100g | |
| Energy (kJ/kcal) | 2002/479 | 386/92 | 2222 /531 | 374/89 | |
| Fat (g) | 24.6 | 4.7 | 25.3 | 4.3 | |
| Sat. Fat (g) | 19.9 | 3.8 | 20.1 | 3.4 | |
| Carbohydrate (g) | 47.7 | 9.2 | 47.7 | 8.0 | |
| Sugars (g) | 20.5 | 3.9 | 20.5 | 3.4 | |
| Protein (g) | 16.5 | 3.2 | 28.3 | 4.8 | |
| Salt (g) | 2.67 | 0.52 | 3.57 | 0.60 | |

Nutrition for uncooked ingredients based on 2 person recipe. Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

Let us know what you think!

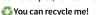
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Get Prepped

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Preheat your oven to 220°C/200°C fan/gas mark 7. Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **lentils** in a sieve.



Caramelise the Onion

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 10-12 mins.

Add the **sugar for the onions** (see pantry for amount) and cook until caramelised, 1-2 mins more.



Cauli Time

Halve any large **cauliflower florets** and pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **North Indian style spice mix**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins.



Bring on the Spinach

When the **cauliflower** has 5 mins remaining, remove the tray from the oven. Drizzle over the **honey** (see pantry for amount), toss to coat, then roast for the remaining time.

Meanwhile, halve the **lime** (see ingredients for amount).

Once thickened, add the **spinach** to the **dal** a handful at a time until wilted and piping hot, 1-2 mins.

Remove from the heat and squeeze in some **lime juice**. Taste and add **salt**, **pepper** and more **lime juice** if needed.



Serve

Spoon the **dal** into your serving bowls and top with the **roasted cauliflower**.

Enjoy!



Simmer the Lentils

Once the **onion** has caramelised, add the **garlic**, **tomato puree** and remaining **North Indian style spice mix** to the pan. Stir-fry for 1 min.

Stir in the **coconut milk**, **veg stock paste**, **lentils** and **water for the dal** (see pantry for amount), then bring to a simmer.

Cook until thickened and the **lentils** are tender, 8-10 mins. Add a splash of **water** if it's too thick.

CUSTOM RECIPE

If you've chosen to add **king prawns**, drain them, then add to the pan when the **lentils** have 6 mins left of cooking time. Simmer until cooked through, 5-6 mins, then continue as instructed. **IMPORTANT**: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.