



# Creamy Korma Lentils and Sweet Potato with Roasted Tomatoes, Mango Chutney and Garlic Ciabatta

43

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



Sweet Potato



Baby Plum Tomatoes



Lentils



Garlic Clove



Korma Style Paste



Vegetable Stock Paste



Ciabatta



Creme Fraiche



Greek Style Salad Cheese



Mango Chutney



King Prawns

### Pantry Items

Oil, Salt, Pepper, Butter

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

## 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

Baking tray, aluminium foil, sieve, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Lentils	1 carton	1½ cartons	2 cartons
Garlic Clove**	3	4	6
Korma Style Paste <b>9)</b>	50g	75g	100g
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Ciabatta <b>13)</b>	1	2	2
Creme Fraiche** <b>7)</b>	75g	150g	150g
Greek Style Salad Cheese** <b>7)</b>	50g	100g	100g
Mango Chutney	40g	80g	80g
King Prawns** <b>5)</b>	150g	225g	300g
<b>Pantry</b>	<b>2P</b>	<b>3P</b>	<b>4P</b>
Butter*	20g	30g	40g
Water for the Lentils*	100ml	150ml	200ml

\*Not Included \*\*Store in the Fridge

## Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	633g	100g	708g	100g
Energy (kJ/kcal)	3850 / 820	609 / 145	4070 / 973	575 / 137
Fat (g)	39.9	6.3	40.7	5.7
Sat. Fat (g)	22.0	3.5	22.2	3.1
Carbohydrate (g)	111.0	17.6	111.0	15.7
Sugars (g)	33.8	5.3	33.8	4.8
Protein (g)	25.9	4.1	37.6	5.3
Salt (g)	6.01	0.95	6.91	0.98

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

## Allergens

**7)** Milk **9)** Mustard **10)** Celery **13)** Cereals containing gluten  
**5)** Crustaceans

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

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## Roast the Sweet Potato

Preheat your oven to 220°C/200°C fan/gas mark 7.

Remove the **butter** from your fridge and leave to one side to soften (see pantry for amount).

Chop the **sweet potatoes** into 2cm chunks (no need to peel) and pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-35 mins. Turn halfway through.



## Make the Garlic Ciabatta

While the **lentils** simmer, pop the **softened butter** into a small bowl and add the remaining **garlic**.

Use a fork to mash the **garlic** into the **butter**.

Season with **salt** and **pepper**.

Halve the **ciabatta**, then spread the **garlic butter** over the cut sides.

Once the **lentils** have reduced, stir in the **creme fraiche**. Simmer for a further min, then remove from the heat.



## Tomato Time

While the **sweet potatoes** cook, halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a parcel. Once the **sweet potato** has been roasting for 10 mins, place the **tomato parcel** alongside (use another tray if necessary). Cook for the remaining time.



## Finish Up

When the **sweet potato** has 5 mins of roasting time remaining, bake the **garlic ciabatta** on the middle shelf of your oven until golden, 5-6 mins.

When everything's ready, reheat the **lentils** (if needed), then stir in the **roasted sweet potato**. Add a splash more **water** if you feel it needs it. Season with **salt** and **pepper**.



## Bring on the Lentils

Meanwhile, drain and rinse the **lentils** in a sieve. Peel and grate the **garlic** (or use a garlic press).

Heat a drizzle of **oil** in large frying pan on medium heat. Add the **korma style paste** and **half** the **garlic**, stir-fry for 1 min.

Stir in the **water for the lentils** (see pantry for amount), **veg stock paste** and **lentils**. Bring to the boil, then lower the heat and simmer until reduced by about half, 4-5 mins.

## CUSTOM RECIPE

If you've chosen to add **king prawns**, drain them, then add to the pan with the **lentils** and other ingredients. Bring to the boil, then simmer until cooked through for 5-6 mins instead.

**IMPORTANT:** Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.



## Serve

Share the **creamy korma lentils** out between your serving bowls, then top with the **roasted tomatoes** and any **juices** from the **parcel**.

Crumble the **cheese** (see ingredients for amount) over the top and drizzle over the **mango chutney**. Cut the **garlic ciabatta** in half diagonally and serve alongside.

## Enjoy!