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## Trendy Cauliflower and Lentil Panang Curry

We love a thai curry because it is so quick and simple to prepare, but still offers a great depth of flavour. A good thai curry relies on the clean base flavour of ginger or lemongrass. A good little Top Chef tip when using ginger, is to peel it with a spoon. Hold a piece of ginger root firmly in one hand and a metal spoon firmly in the other. Scrape the edge of the spoon against the ginger to peel off the skin. Work your way around the ginger root, peeling only as much as you think you will use (ginger lasts much longer if it is stored with the peel on). Peeling your ginger in this way wastes far less of the root.



40 mins



**lactose free**



**veggie**



**spicy**



**vegan**



Organic Vert Lentils  
(1 tin)



Onion (1)



Ginger (1 tbsp)



Garlic Clove (1)



Green Beans  
(1 pack)



Brown rice (175g)



Panang Curry Paste  
(1 tbsp)



Coconut Milk (200ml)



Vegetable Stock Pot  
( $\frac{1}{2}$ )



Water (50ml)



Cauliflower (1)



Coriander ( $\frac{1}{2}$  bunch)

## 2 PEOPLE INGREDIENTS

- Organic Vert Lentils
- Onion, chopped
- Ginger, chopped
- Garlic Clove, chopped
- Green Beans
- Brown Rice

- 1 tin
- 1
- 1 tbsp
- 1
- 1 pack
- 175g

- Panang Curry Paste
- Coconut Milk
- Vegetable Stock Pot
- Water
- Cauliflower, florets
- Coriander, chopped

- 1 tbsp
- 200ml
- ½
- 50ml
- 1
- ½ bunch

Allergens: Sulphites, Celery.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
Per serving	721 kcal / 3018 kJ	29 g	17 g	92 g	19 g	24 g	3 g
Per 100g	87 kcal / 362 kJ	3 g	2 g	11 g	2 g	3 g	0 g

Our fruit and veggies may need a little wash before cooking!

**Did you know...**  
Cauliflower is very low in calories - 100g provides roughly 26 calories!

**Vegetable Stock Pot Ingredients:** Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder, (contains **Sulphites**) Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.  
**Panang Curry Paste Ingredients:** Glucose Syrup, Water, Spices (Garlic, Coriander, Paprika, Chilli), Vegetable Oil, Salt, Lime Juice Powder, Sugar, Tomato Powder, Onion Extract, Red Cabbage Extract.



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



2 Bring a large pot of water to a rapid boil on high heat. Rinse the **brown rice** under running water for 30 seconds. Add the **rice** with a pinch of **salt** to the water and cook on high heat for around 25 mins (topping up the water if you need to).



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



4 Add the **panang curry paste** and cook for 1 minute before adding the **coconut milk**. Add the **stock pot** with the **water** (as stated in the ingredient list) and turn the heat to medium.

5 Separate the **cauliflower** into florets. Add your **green beans** to your **curry sauce**. Put a lid on the pan and let it gently bubble away for 5 mins, before adding your **cauliflower florets** and removing the lid. Cook for a further 5 mins.

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

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!