







More Than Food  
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## Cauliflower and Lentil Dal

Every week we sit down and go through all your recipe scores and comments, and they make a huge difference to 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 in taste and pure, body-nourishing warmth.



40 mins



one pot wonder



mild



veggie



healthy



5 of your 5 a day



Onion (1)



Garlic Clove (1)



Cauliflower  
( $\frac{1}{2}$ )



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



Green Beans  
(1 pack)



Curry Powder  
(1 tbsp)



Tomato Purée (1 tbsp)



Organic Chopped  
Tomatoes (1 tin)



Red Split Lentils  
(100g)



Water  
(200ml)



Vegetable Stock Pot  
(1)



Greek Yoghurt  
( $\frac{1}{2}$  pot)


## 2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Garlic Clove, chopped **1**
- Cauliflower, florets **½**
- Coriander, chopped **½ bunch**
- Green Beans, chopped **1 pack**
- Curry Powder **1 tbsp**
- Tomato Purée **1 tbsp**
- Organic Chopped Tomatoes **1 tin**
- Red Split Lentils **100g**
- Water **200ml**
- Vegetable Stock Pot **1**
- Greek Yoghurt **½ pot**

**Allergens:** Celery, Sulphites, Mustard, Milk.

### Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbs	Sugar	Protein	Salt
<b>Per serving</b>	348 kcal / 1463 kJ	8 g	3 g	50 g	20 g	21 g	3 g
<b>Per 100g</b>	55 kcal / 231 kJ	1 g	0 g	8 g	3 g	3 g	0 g

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

### Did you know...

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

**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.



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



**2** Heat a splash of **oil** in a large pot on medium-low heat. Add your **onion** and **garlic** and slowly cook for 5 mins. Season with a pinch of **salt** and a few grinds of pepper. **Tip:** *If the onion starts to brown turn the heat down a bit.*

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



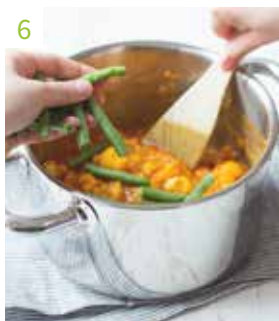
**4** Stir in the **tomato purée** and then add the chopped **tomatoes**. Add another pinch of **salt** and a sprinkle of **sugar** (if you have some). Add the **red lentils**, the **water** (amount as stated in the ingredient list) and the **vegetable stock pot**. Bring to a gentle simmer, put a lid on and leave for 5 mins.

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

**6** When your cauliflower is halfway through cooking add your **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 your **coriander** and some 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**.



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