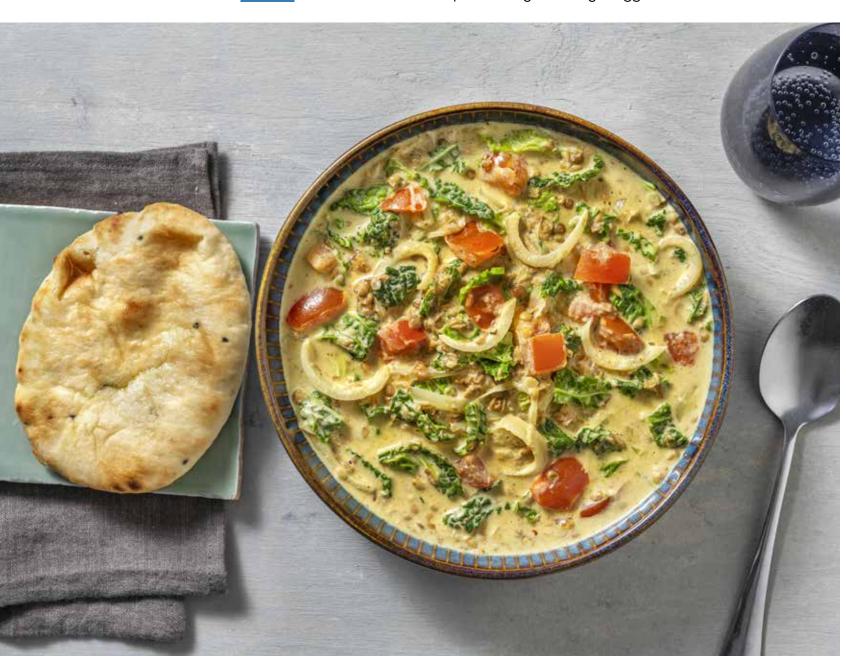


Coconut and Lentil Curry

with Kale and Buttery Naans

Classic 35 Minutes • Medium Spice • 2 of your 5 day • Veggie











Medium Tomato







Brown Lentils

Pasanda Seasoning



Coconut Milk



Vegetable Stock Paste







Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Garlic Press, Sieve, Saucepan, Baking Tray and Bowl.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Garlic Clove	2	3	4
Medium Tomato	1	2	2
Brown Lentils	1 carton	1½ carton	2 cartons
Lime**	1/2	3/4	1
Pasanda Seasoning	1 large pot	1 small & 1 large pot	2 large pots
Coconut Milk	400ml	600ml	800ml
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g
Kale**	100g	100g	200g
Naan 7) 11) 13)	2	3	4
Butter 7) **	30g	30g	60g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	627g	100g
Energy (kJ/kcal)	4214/1007	672 / 161
Fat (g)	58	9
Sat. Fat (g)	43	7
Carbohydrate (g)	95	15
Sugars (g)	13	2
Protein (g)	24	4
Salt (g)	2.19	0.35

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 10) Celery 11) Soya 13) Gluten

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Prep the Veggies

Preheat your oven to 200°C, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Chop the **tomato** into 2cm pieces. Drain and rinse the **lentils** in a sieve. Halve the **lime**.



Start the Curry

Heat a drizzle of **oil** in a large saucepan on medium heat and add the **onion**. Cook until soft, stirring frequently, 5-6 mins. Add the **pasanda seasoning** and the **garlic**. Stir and cook for a further 1 minute. Add the **coconut milk**, **water** (see ingredients for amount), **lentils** and **vegetable stock paste**. Stir to combine.



Cook the Curry

Bring to the boil on a high heat, then reduce the heat to medium-low and simmer until thickened and fragrant,15-20 mins. In the last 5 mins add the **tomato** and **kale** and stir in thoroughly, reduce the heat to low and place the lid on to help the **kale** cook. TIP: Add a splash of water if you feel it needs it.



Warm the Naans

Once you've stirred the **veg** into the **curry**, pop the **naans** into your oven to warm through, 4-5 mins. When ready, remove from the oven and spread with the **butter**.



Finish the Curry

Once the **lentils** are cooked and the **curry** has thickened slightly (add a splash of water if you feel it's too thick), remove from the heat and squeeze in some **lime juice**. Season to taste with **salt**, **pepper** and more **lime juice** if needed.



Serve

Spoon the **curry** into bowls and serve with the **buttered naans** on the side.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.