



# Coconut and Lentil Curry

with Kale and Buttery Naans

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

Nº 20



Onion



Garlic Clove



Medium Tomato



Brown Lentils



Lime



Pasanda Seasoning



Coconut Milk



Vegetable Stock Paste



Kale



Naan



Butter

## 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**	½	¾	1
Pasanda	1 large	1 small & 1	2 large
Seasoning	pot	large pot	pots
Coconut Milk	400ml	600ml	800ml
Water for the Sauce*	100ml	150ml	200ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Kale**	100g	100g	200g
Naan <b>7) 11) 13)</b>	2	3	4
Butter <b>7)**</b>	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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1



## 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**.

2



## 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.

3



## 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.

4



## 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**.

5



## 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.

6



## 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.