



Coconut and Lentil Curry with Baby Spinach and Buttery Naans

Classic 25-30 Minutes • Mild Spice • 3 of your 5 a day • Veggie

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Onion



Garlic Clove



Medium Tomato



Lentils



Lime



Pasanda Style Seasoning



Garam Masala



Coconut Milk



Vegetable Stock Paste



Baby Spinach



Mango Chutney



Plain Naan Breads

Pantry Items

Oil, Salt, Pepper, Butter

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, fine grater, saucepan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Medium Tomato	1	2	2
Lentils	1 carton	1½ cartons	2 cartons
Lime**	½	¾	1
Pasanda Style Seasoning	2 sachets	2 sachets	2 sachets
Garam Masala	½ sachet	¾ sachet	1 sachet
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10	15g	22g	30g
Baby Spinach**	40g	60g	100g
Mango Chutney	40g	60g	80g
Plain Naan Breads 7 13	2	3	4
Pantry	2P	3P	4P
Water for the Sauce*	200ml	300ml	400ml
Butter*	10g	15g	20g

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3630 /868	652 /156
Fat (g)	36.7	6.6
Sat. Fat (g)	23.1	4.1
Carbohydrate (g)	106.5	19.1
Sugars (g)	22.1	4.0
Protein (g)	24.1	4.3
Salt (g)	4.26	0.76

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

Allergens

7) Milk 10) Celery 13) Cereals containing gluten

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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Get Prepped

If you don't have a toaster, heat your oven to 220°C/200°C fan/gas mark 7 for the **naans**.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Cut the **tomato** into 2cm chunks. Drain and rinse the **lentils** in a sieve.

Zest and halve the **lime**.



Warm the Naans

Once the **veg** has been added to the **curry**, cut the **naans** in half widthways, then put in your toaster until golden.

If you're using the oven, put the **naans** onto a baking tray. Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

Once warmed, generously spread the **butter** (see pantry for amount) over the **naans**.



Build the Flavour

Heat a drizzle of **oil** in a large saucepan on medium heat.

Once hot, add the **onion** and cook, stirring frequently, until softened, 5-6 mins.

Add the **pasanda style seasoning**, **garam masala**, **lime zest** and **garlic**. Stir-fry for 1 min more.

Stir in the **coconut milk**, **lentils**, **veg stock paste** and **water for the sauce** (see pantry for amount) until combined.



Season to Taste

Once the **curry** has thickened slightly, stir through the **mango chutney** and a squeeze of **lime juice**.

Season to taste with **salt**, **pepper** and more **lime juice** if needed. Remove from the heat.



Simmer your Curry

Bring the **curry** to the boil, then reduce the heat to low and simmer until slightly thickened, 6-8 mins.

Once thickened, stir through the **tomato** and **spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Serve

Share the **lentil curry** between your bowls. Serve with the **buttery naans** alongside.

Enjoy!