



Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

N° 16

RAPID 20 Minutes • Medium Heat • 3.5 of your 5 a day • Veggie



Cauliflower Florets



Diced Sweet Potato



Ground Cumin



Echalion Shallot



Garlic Clove



Coriander



Lime



Lentils



Zanzibar Curry Spice Mix



Coconut Milk



Vegetable Stock Powder



Baby Spinach

Before you start

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

Basic cooking tools you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Sieve, Large Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Cauliflower Florets**	1 small pack	1 medium pack	1 large pack
Diced Sweet Potato**	1 small pack	1 large pack	2 small packs
Ground Cumin	1 small pot	¾ large pot	1 large pot
Echalion Shallot**	1	1½	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Lentils	1 carton	1½ cartons	2 cartons
Zanzibar Curry Spice Mix 9)	1 small pot	¾ large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for the Curry*	50ml	75ml	100ml
Baby Spinach**	1 small bag	1 large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	597g	100g
Energy (kJ/kcal)	1935 /463	324 /78
Fat (g)	21	4
Sat. Fat (g)	17	3
Carbohydrate (g)	52	9
Sugars (g)	8	1
Protein (g)	16	3
Salt (g)	2.17	0.36

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Packed in the UK



1. Get Started

- Preheat your oven to 210°C.
- Pop the **cauliflower florets** and **diced sweet potato** on two separate baking trays.
- Sprinkle the **ground cumin** over both of them. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.
- Roast in your oven until browned and tender, about 18 mins.



4. Simmer

- Add the **coconut milk**, **stock powder** and **water** (see ingredients for amount), mix well then add the **lentils**.
- Season with **salt** and **pepper**, then bring to a simmer and cook for 4-5 mins, stirring occasionally.



2. Get Prepped

- Halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a **garlic** press).
- Roughly chop the **coriander** (stalks and all).
- Halve the **lime**.
- Drain and rinse the **lentils** in a sieve.



5. Finish up

- Add the **spinach** to the **lentils** a handful at a time and stir until it has all wilted, 2-3 mins.
- Once the **cauliflower** and **sweet potato** are cooked, add to the **lentils** and stir through with half the **coriander** and a squeeze of **lime juice**.
- Taste and add more **salt** and **pepper** if you like.
- Cut any remaining **lime** into wedges.



3. Start the Lentils

- Heat a drizzle of **oil** in a large saucepan over medium high heat.
- Once hot, add the **shallot** and cook, stirring, until softened, 2-3 mins.
- Add the **garlic** and **Zanzibar curry spice mix** and cook, stirring, for 1 minute.



6. Serve

- Divide the **curry** between bowls, top with the remaining **coriander** and serve with any remaining **lime wedges**.

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.