

Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

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

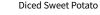








Cauliflower Florets







Ground Cumin

Echalion Shallot





Garlic Clove

Coriander





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	1 small	1 medium	1 large
Florets**	pack	pack	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	11/2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1/2	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

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

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Packed in the UK



1. Get Started

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



2. Get Prepped

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



3. Start the Lentils

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



4. Simmer

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



5. Finish up

- **a)** Add the **spinach** to the **lentils** a handful at a time and stir until it has all wilted, 2-3 mins.
- b) 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.
- c) Taste and add more salt and pepper if you like.
- d) Cut any remaining lime into wedges.



6. Serve

a) 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:

 $\textbf{\textit{Allergens:}} \ \textit{Always check the packaging of individual products/ingredients for up to date information.}$

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