



# Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

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

11



Cauliflower Florets



Diced Sweet Potato



Ground Cumin



Baby Spinach



Echalion Shallot



Garlic Clove



Coriander



Lime



Lentils



Zanzibar Curry Spice Mix



Coconut Milk



Vegetable Stock Powder

## Before you start

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

## Cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Sieve, 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 sachet	1 large sachet	2 small sachets
Baby Spinach**	1 small bag	1 large bag	2 small bags
Echalion Shallot**	1	1	2
Garlic Clove	1 clove	2 clove	2 clove
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Lentils	1 cartons	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 sachet	2 sachet
Water*	50ml	75ml	100ml

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	1989 /476	340 /81
Fat (g)	22	4
Sat. Fat (g)	16	3
Carbohydrate (g)	53	9
Sugars (g)	8	1
Protein (g)	15	3
Salt (g)	2.18	0.37

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

9) Mustard 10) Celery

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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## 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.



## 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.



## 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.



## Finish up

- Add the **spinach** to the **lentils** and handful at a time and stir until it has all wilted and is piping hot, 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**.



## 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.



## Serve

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

## Enjoy!