



Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

Classic 20 Minutes • Medium Spice • 2 of your 5 a day • Veggie

17



Cauliflower Florets



Diced Sweet Potato



Cumin



Echalion Shallot



Garlic Clove



Coriander



Lime



Brown Lentils



Zanzibar Curry Spice Mix



Coconut Milk



Vegetable Stock Paste



Baby Spinach

Before you start

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

Cooking tools, you will need:

Baking Tray, Cutting Board, Knife, Garlic Press, Sieve, Saucepan and Bowl.

Ingredients

| | 2P | 3P | 4P |
|---------------------------------------|----------|------------|-----------|
| Cauliflower Florets** | 300g | 450g | 600g |
| Diced Sweet Potato** | 200g | 300g | 400g |
| Cumin | 1 sachet | 1 sachet | 2 sachets |
| Echalion Shallot** | 1 | 1 | 2 |
| Garlic Clove | 1 | 2 | 2 |
| Coriander** | 1 bunch | 1 bunch | 1 bunch |
| Lime** | ½ | 1 | 1 |
| Brown Lentils | 1 carton | 1½ cartons | 2 cartons |
| Zanzibar Curry Spice Mix ⁹ | 1 sachet | 1 sachet | 2 sachets |
| Coconut Milk | 200ml | 400ml | 400ml |
| Vegetable Stock Paste ¹⁰ | 10g | 15g | 20g |
| Water for Curry* | 50ml | 75ml | 100ml |
| Baby Spinach** | 100g | 150g | 200g |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 583g | 100g |
| Energy (kJ/kcal) | 1985/474 | 340/81 |
| Fat (g) | 21 | 4 |
| Sat. Fat (g) | 16 | 3 |
| Carbohydrate (g) | 51 | 9 |
| Sugars (g) | 13 | 2 |
| Protein (g) | 16 | 3 |
| Salt (g) | 1.54 | 0.26 |

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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HelloFresh UK

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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 paste** and **water** (see ingredients for amount).
- Mix well then add the **lentils**.
- Season with **salt** and **pepper**, 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 a handful at a time and stir until all wilted and 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!

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.