

Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

Rapid 20 Minutes · Little Spice · 2 of your 5 a day · Veggie









Cauliflower Florets

Diced Sweet Potato





Ground Cumin

Echalion Shallot





Garlic Clove

Coriander





Lime

Brown Lentils







Zanzibar Style Curry Powder

Coconut Milk



Vegetable Stock Paste

Baby Spinach

Before you start

Our fruit and veggies need a little wash before you

Cooking tools, you will need:

Baking Tray, Garlic Press, Sieve and Saucepan.

Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Sweet Potato**	200g	300g	400g
Ground 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**	1/2	1	1
Brown Lentils	1 carton	1½ cartons	2 cartons
Zanzibar Style Curry Powder 9)	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for Curry*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g

Nutrition

	Per serving	Per 100g
for uncooked ingredient	633g	100g
Energy (kJ/kcal)	2025 /484	320 / 76
Fat (g)	21	3
Sat. Fat (g)	16	3
Carbohydrate (g)	51	8
Sugars (g)	13	2
Protein (g)	17	3
Salt (g)	1.58	0.25

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

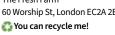
Thumbs up or thumbs down?

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

Packed in the UK The Fresh Farm 60 Worship St, London EC2A 2EZ







Get Started

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



Get Prepped

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



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 style curry powder and cook, stirring, 1 min.



Simmer

- a) Add the coconut milk, veg stock paste and water (see ingredients for amount).
- b) Mix well then add the lentils.
- c) Season, bring to a simmer and cook for 4-5 mins, stirring occasionally.



Finish Up

- a) Add the spinach to the lentils a handful at a time and stir until all wilted and piping hot, 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) Add a splash of water if the curry is a bit too thick. Taste and season if needed.
- d) Cut any remaining lime into wedges.



Serve

- a) Divide the curry between bowls.
- **b)** Top with the remaining **coriander** and serve with the **lime wedges** for squeezing over.

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.