HELLO FRESH

Creamy Spiced Lentil Curry
with Roasted Cauliflower, Sweet Potato and Spinach

Rapid · 20 Minutes · Mild Spice · 3 of your 5 a day · Veggie

17

Cauliflower Florets

Diced Sweet Potato

Ground Cumin

Garlic Clove

Lime

Brown Lentils

Zanzibar Style Curry Powder

Coconut Milk

Vegetable Stock Paste

Baby Spinach

Pantry Items
Oil, Salt, Pepper

Before you start

Our fruit and veggies need a little wash before you use them! Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, sieve and saucepan.

Ingredients

Ingredients	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Sweet Potato**	200g	300g	400g
Ground Cumin	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Lime**	½	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
Baby Spinach**	100g	150g	200g

Pantry	2P	3P	4P
Water for the Curry*	50ml	75ml	100ml

*Not Included **Store in the Fridge

Nutrition

for uncooked ingredient	Per serving 552g	Per 100g 100g
Energy (kJ/kcal)	1949 /466	353 /84
Fat (g)	20.7	3.8
Sat. Fat (g)	16.7	3.0
Carbohydrate (g)	50.3	9.1
Sugars (g)	11.6	2.1
Protein (g)	15.1	2.7
Salt (g)	1.53	0.28

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard **10)** Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

Contact

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Get Roasting

a) Preheat your oven to 230°C/210°C fan/gas mark 8.

b) Halve any large **cauliflower florets**, then pop onto a baking tray. Add the **diced sweet potato** to another tray. Sprinkle the **ground cumin** over both of them.

c) Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.

d) When the oven is hot, roast until browned and tender, 18-20 mins.

2

Prep Time

a) While the **veg** roasts, peel and grate the **garlic** (or use a garlic press).

b) Halve the **lime**.

c) Drain and rinse the **lentils** in a sieve.

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Start the Curry

a) Heat a drizzle of **oil** in a large saucepan on medium-high heat.

b) Once hot, add the **garlic** and **Zanzibar style curry powder** and cook, stirring, for 30 secs.

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Simmer the Lentils

a) Add the **coconut milk**, **veg stock paste** and **water for the curry** (see ingredients for amount) to the pan.

b) Mix well, then stir in the **lentils**.

c) Season with **salt** and **pepper**, then bring to a simmer and cook for 4-5 mins, stirring occasionally.

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Curry Up

a) Add the **spinach** to the **lentils** a handful at a time and stir until wilted and piping hot, 2-3 mins.

b) Once the **cauliflower** and **sweet potato** are cooked, add them to the **lentils** and squeeze in a little **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.

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Serve

a) Share the **creamy lentil curry** between your bowls.

b) Serve with the **lime wedges** for squeezing over.

Enjoy!