HELLO FRESH

Lentil Sambar Curry
With Roasted Aubergine

Classic 45 Minutes • Little Spice • 3 of your 5 a day

18

Aubergine

Sri Lankan Curry Powder

Red Onion

Garlic Clove

Carrot

Coriander

Lime

Salted Peanuts

Tomato Puree

Red Split Lentils

Coconut Milk

Vegetable Stock Powder

Basmati Rice

Star Anise

Baby Spinach

Paneer

CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

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

Cooking tools, you will need:

Baking Tray, Garlic Press, Zester, Saucepan with Lid.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Sri Lankan Curry Powder	1 pot	2 pots	2 pots
Red Onion**	1	1	2
Garlic Clove	2 cloves	3 cloves	4 cloves
Carrot**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Salted Peanuts 1)	25g	40g	40g
Tomato Puree	1 sachet	1½ sachets	2 sachets
Red Split Lentils	50g	100g	100g
Coconut Milk	200ml	400ml	400ml
Water for Curry*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for the Rice*	300ml	450ml	600ml
Star Anise	1 pot	1 pot	1 pot
Basmati Rice	150g	225g	300g
Baby Spinach**	100g	150g	200g
Olive Oil*	2 tbsps	3 tbsps	4 tbsps
⚏ Paneer 7)**	250g	375g	500g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	605g	100g
Energy (kJ/kcal)	3283 /785	543 /130
Fat (g)	33	6
Sat. Fat (g)	18	3
Carbohydrate (g)	98	16
Sugars (g)	16	3
Protein (g)	22	4
Salt (g)	0.96	0.16
Custom Recipe	**Per serving**	**Per 100g**
for uncooked ingredient	730g	100g
Energy (kJ/kcal)	5098 /1218	698 /167
Fat (g)	68	9
Sat. Fat (g)	40	6
Carbohydrate (g)	103	14
Sugars (g)	23	3
Protein (g)	48	7
Salt (g)	1.58	0.22

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 7) Milk 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.

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1 Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways in half. Pop the **aubergine** onto a large baking tray in a single layer. Drizzle with **oil** and season with **salt**, **pepper** and **half** of the **Sri Lankan curry powder**. Toss to coat and roast the **aubergine** until golden brown and soft, 25-30 mins. Turn halfway through cooking. Once cooked, remove from your oven and set aside.

2 Prep

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Roughly chop the **coriander** (stalks and all). Zest the **lime** and chop into **wedges**. Chop the **peanuts** as finely as you can.

> **⚏ CUSTOM RECIPE**
>
> If you've added **paneer** to your meal, chop it into 2cm chunks once you've prepped the **onion**. Continue with the rest of the step.

3 Curry Time!

Heat a drizzle of **oil** in a medium saucepan on a medium-high heat. When hot, add the **onion** and **carrot** and cook, stirring frequently, until tender, 7-8 mins. Add the remaining **Sri Lankan curry powder**, **tomato puree**, **garlic** and **lentils** and cook for 1 minute stirring frequently. Add the **coconut milk**, **water** (see ingredients for amount) and **veg stock powder**. Stir to combine and simmer until the **lentils** are cooked, 20-25 mins.

> **⚏ CUSTOM RECIPE**
>
> If you've decided to add **paneer** to your meal, before you cook the **veg**, heat a drizzle of **oil** in a medium saucepan on a medium-high heat. When hot, add the **paneer** to the pan and fry until golden, stirring occasionally, 3-4 mins. Remove to a plate. Continue with the rest of the step (using the same pan) and add the **paneer** back into the **sauce** when you add the **water** and **stock**. Continue with the recipe as instructed.

4 Rice, Rice Baby

While the **curry** cooks, Pour the cold **water** for the rice (see ingredients for amount) into a medium saucepan with a tight fitting lid. Stir in the **rice** and 1/4 tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).

5 Curry On

Once the **lentils** are soft, add the **spinach** to the **curry** a handful at a time and cook until wilted and piping hot, 2-3 mins. If the **curry** is a bit thick add a splash of **water**. Season to taste with **salt** and **pepper**.

6 Time To Serve

Remove the **star anise** from the **rice** and fluff with a fork. Share the **rice** between your bowls and top with the **curry**. Top with the **roasted aubergine** pieces. In a small bowl, combine the chopped **peanuts**, **lime zest**, **coriander** and **oil** (see ingredients for amount). Sprinkle over the whole dish and serve with a **lime wedge** on the side for squeezing over.

Enjoy!