



Lentil Sambar Curry

With Roasted Aubergine and Salted Peanut Sprinkle

CLASSIC 35 Minutes • Little Heat • 3 of your 5 a day • Veggie

Nº 23



Star Anise



Basmati Rice



Aubergine



Sri Lankan Curry Powder



Red Onion



Garlic Clove



Carrot



Coriander



Lime



Salted Peanuts



Tomato Puree



Red Split Lentils



Coconut Milk



Vegetable Stock Powder



Baby Spinach

Before you start

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

Basic cooking tools, you will need:

Two Saucepans, Measuring Jug and Fine Grater (or Garlic Press).

Ingredients

	2P	3P	4P
Water for Rice*	300ml	450ml	600ml
Star Anise	1 pot	1 pot	1 pot
Basmati Rice	1 small pack	1 large pack	2 small packs
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 clove
Carrot**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Salted Peanuts 1)	1 small pot	1 large pot	1 large pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Red Split Lentils	50g	100g	100g
Coconut Milk	200ml	400ml	400ml
Water for the Curry*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Baby Spinach**	1 small pack	1 small pack	1 large pack
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	819g	100g
Energy (kJ/kcal)	3266 /781	399 /95
Fat (g)	34	4
Sat. Fat (g)	19	2
Carbohydrate (g)	97	12
Sugars (g)	18	2
Protein (g)	23	3
Salt (g)	1.23	0.14

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut **10)** Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Cook the Rice

Preheat your oven to 200°C. Pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, the **star anise** and stir in the **rice**. Lower the heat to medium and pop a lid on the pan. 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).



4. 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 spice**, **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.



2. Roast the Aubergine

While the **rice** cooks, 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 Seasoning**. Toss to coat and roast the **aubergine** until golden brown and soft, 25-30 mins. Turn halfway through cooking.



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 touch of **water**. Season to taste with **salt** and **pepper**.



3. 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 up the **peanuts** as finely as you can.



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** along side 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.