

Lentil Sambar Curry

With Roasted Aubergine and Salted Peanut Sprinkle

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







Star Anise





Aubergine



Basmati Rice



Sri Lankan Curry Powder



Red Onion







Coriander





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 vou use them!

Basic cooking tools, you will need:

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

Ingredients

9.04.00				
	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**	1/2	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

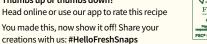
1) Peanut 10) Celery

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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Packed in the UK



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).



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.



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.



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.



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.



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.

