



Lentil Sambar Curry with Roasted Aubergine

Classic 45 Minutes • Little Spice • 2 of your 5 a day • Veggie

N° 21



Aubergine



Red Onion



Carrot



Lime



Tomato Puree



Coconut Milk



Basmati Rice



Baby Spinach



Sri Lankan Style
Curry Powder



Garlic Clove



Coriander



Salted Peanuts



Red Split
Lentils



Vegetable Stock Paste



Star Anise

Before you start

Our fruit and veg need a little wash before you use them!

Cooking tools, you will need:

Cutting Board, Knife, Bowl, Baking Tray, Garlic Press, Zester and Saucepan.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Sri Lankan Style Curry Powder	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Garlic Clove	2	3	4
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 the Curry*	100ml	150ml	200ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Star Anise	1 pot	1 pot	1 pot
Olive Oil*	2 tbsp	3 tbsp	4 tbsp
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	591g	100 g
Energy (kJ/kcal)	3295 /787	557 /133
Fat (g)	34	6
Sat. Fat (g)	17	3
Carbohydrate (g)	96	16
Sugars (g)	17	3
Protein (g)	22	4
Salt (g)	1.27	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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

You can recycle me!



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**, season with **salt**, **pepper** and sprinkle over **half** of the **Sri Lankan style 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.



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**, **star anise** and ¼ 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).



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.



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**.



Curry Time

Heat a drizzle of **oil** in a medium sauce pan 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 style curry powder**, **tomato puree**, **garlic** and **lentils** and cook for 1 min, stirring frequently. Add the **coconut milk**, **water** (see ingredients for amount) and **veg stock paste**. Stir to combine and simmer until the **lentils** are cooked, 20-25 mins.



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 alongside 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.