



Lentil Sambar Curry

with Roasted Aubergine, Spinach and Peanuts

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

20



Aubergine



Sri Lankan Curry Powder



Red Onion



Garlic Clove



Carrot



Coriander



Lime



Salted Peanuts



Tomato Puree



Red Split Lentils



Coconut Milk



Vegetable Stock Paste



Basmati Rice



Star Anise



Baby Spinach

Before you start

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

Cooking tools, you will need:

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

Ingredients

| | 2P | 3P | 4P |
|---------------------------|----------|------------|-----------|
| Aubergine** | 1 | 2 | 2 |
| Sri Lankan 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 |

*Not Included **Store in the Fridge

Nutrition

| | Per serving | Per 100g |
|-------------------------|-------------|----------|
| for uncooked ingredient | 541g | 100g |
| Energy (kJ/kcal) | 3192/763 | 590/141 |
| Fat (g) | 33 | 6 |
| Sat. Fat (g) | 17 | 3 |
| Carbohydrate (g) | 92 | 17 |
| Sugars (g) | 13 | 2 |
| Protein (g) | 22 | 4 |
| Salt (g) | 1.23 | 0.23 |

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.

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



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

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 spice, tomato puree, garlic** and **lentils** and cook for 1 min, stirring frequently. Add the **coconut milk, water** for the curry (see ingredients for amount) and **veg stock paste**. Stir to combine and simmer until the **lentils** are cooked, 20-25 mins.

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, 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).

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 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.