



North Indian Style Cauliflower & Lentil Dal

with Caramelised Onion and Spinach

23

Calorie Smart 30-35 Minutes • Mild Spice • 2 of your 5 a day • Under 650 Calories • Veggie



Onion



Garlic Clove



Brown Lentils



Flaked Almonds



Cauliflower Florets



North Indian Style Spice Mix



Tomato Puree



Coconut Milk



Vegetable Stock Paste



Lime



Baby Spinach

Pantry Items

Oil, Salt, Pepper, Sugar

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Garlic press, sieve, frying pan, bowl and baking tray.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Brown Lentils	1 carton	1½ cartons	2 cartons
Flaked Almonds 2)	15g	25g	30g
Cauliflower Florets**	300g	450g	600g
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Lime**	½	1	1
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Dal*	150ml	250ml	350ml

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	517g	100g
Energy (kJ/kcal)	1927 /461	373 /89
Fat (g)	24.1	4.7
Sat. Fat (g)	17.0	3.3
Carbohydrate (g)	41.1	8.0
Sugars (g)	14.0	2.7
Protein (g)	16.7	3.2
Salt (g)	1.43	0.28

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

2) Nuts 10) Celery

Always remember to check your ingredient packaging for the most up to date information on allergens and traces of allergens. Boxes are packed in facilities that handle peanut, nut, sesame, fish, crustaceans, milk, egg, mustard, celery, soya, gluten and sulphites.

Use separate equipment to handle raw and cooked meat (or wash between uses). Missing or replaced ingredients, as well as any recipe step changes, will be communicated where possible via email.

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Drain and rinse the **lentils** in a sieve.

Heat a medium frying pan on medium heat (no oil). Once hot, add the **flaked almonds** and dry-fry, stirring regularly, until lightly toasted, 3-4 mins.

TIP: Watch them like a hawk as they can burn easily.

Once toasted, transfer to a bowl and set aside.



Simmer the Lentils

Once the **onion** has caramelised, add the **garlic**, **tomato puree** and remaining **North Indian style spice mix** to the pan. Stir-fry for 1 min.

Stir in the **coconut milk**, **water for the dal** (see ingredients for amount), **vegetable stock paste** and **lentils**, then bring to a simmer and cook until the **sauce** has thickened, 8-10 mins.

Meanwhile, halve the **lime**.

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Caramelize the Onion

Pop the (now empty) frying pan back on medium heat with a drizzle of **oil**.

Once hot, add the **onion** and **sugar** (see ingredients for amount). Season with **salt** and **pepper**, then fry until soft and sweet, 8-10 mins, stirring occasionally.



Finish your Dal

Once thickened, add the **spinach** to the **dal** a handful at a time until wilted and piping hot, 2-3 mins.

Remove from the heat and squeeze in some **lime juice**. Taste and add **salt**, **pepper** and more **lime juice** if needed.



Cauli Time

Halve any large **cauliflower florets** and pop them onto a large baking tray. Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **North Indian style spice mix**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



Serve

Spoon the **dal** into your serving bowls and top with the **roasted cauliflower**.

Sprinkle over the **toasted almonds** to finish.

Enjoy!