



North Indian Style Cauliflower & Lentil Dal

with Caramelised Onion and Spinach

Classic 30-35 Minutes • Mild Spice • 5 of your 5 a day

19



Onion



Garlic Clove



Lentils



Cauliflower Florets



Nigella Seeds



North Indian Style
Spice Mix



Tomato Puree



Coconut Milk



Vegetable Stock
Paste



Lime



Baby Spinach



Diced Chicken
Breast

Pantry Items

Oil, Salt, Pepper, Sugar

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

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, saucepan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Cauliflower Florets**	300g	450g	600g
Nigella Seeds	1 sachet	1 sachet	1 sachet
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Tomato Puree	30g	45g	60g
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Lime**	½	1	1
Baby Spinach**	40g	100g	100g
Diced Chicken Breast**	260g	390g	520g
Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Dal*	100ml	150ml	300ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	512g	100g	642g	100g
Energy (kJ/kcal)	1916 / 458	374 / 89	2563 / 613	399 / 95
Fat (g)	24.6	4.8	26.9	4.2
Sat. Fat (g)	19.9	3.9	20.6	3.2
Carbohydrate (g)	40.7	8.0	40.8	6.4
Sugars (g)	13.7	2.7	13.9	2.2
Protein (g)	15.9	3.1	47.4	7.4
Salt (g)	2.67	0.52	2.86	0.45

Nutrition for uncooked ingredients based on 2 person recipe.
Reference Intake of an average adult (8400kJ/2000kcal).

Allergens

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.

Contact

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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.



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**, **veg stock paste**, **lentils** and **water for the dal** (see pantry for amount). Bring to a simmer and cook until thickened, 8-10 mins. Add a splash of **water** if it's too thick.

CUSTOM RECIPE

If you've chosen to add **chicken** to your meal, add it to the pan when you add the **coconut milk** and other ingredients. Bring to a boil, then lower the heat and simmer for the same time, 8-10 mins.

IMPORTANT: Wash your hands and equipment after handling raw chicken and its packaging. It's cooked when no longer pink in the middle.



Caramelize the Onion

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 8-10 mins.

Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.



Finish your Dal

While the **dal** simmers, halve the **lime**.

Once the **curry** has 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 the **nigella seeds** and **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**.

Enjoy!