



# Pork and Lentil Curry

with Naan Bread

**CLASSIC** 20 Minutes • Little Heat • 2 of your 5 a day

Nº 21



Pork Mince



Onion



Garlic Clove



Lentils



Pasanda Seasoning



Tomato Puree



Ginger Puree



Coconut Milk



Chicken Stock Powder



Spring Onion



Kale



Naan



## Before you start

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

### Basic cooking tools you will need:

Frying Pan, Fine Grater (or Garlic Press), Sieve and Measuring Jug.

### Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Lentils	1 carton	1½ cartons	2 cartons
Pasanda Seasoning	1 small pot	1 large pot	1 large pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Ginger Puree**	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	150ml	200ml	300ml
Chicken Stock Powder	1 sachet	1½ sachets	2 sachets
Spring Onion**	1	2	2
Kale**	1 small bag	1 large bag	1 large bag
Naan 7) 13)	2	3	4

\*Not Included \*\* Store in the Fridge

### Nutrition

	Per serving	Per 100g
for uncooked ingredients	613g	100g
Energy (kJ/kcal)	3297 / 788	538 / 128
Fat (g)	33	5
Sat. Fat (g)	21	3
Carbohydrate (g)	76	12
Sugars (g)	11	2
Protein (g)	42	7
Salt (g)	2.50	0.41

Nutrition for uncooked ingredients based on 2 person recipe.

### Allergens

7) Milk 13) Gluten

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly 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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## 1. Get Started

a) Preheat your oven to 200°C. Heat a drizzle of oil in a frying pan on medium-high heat.

b) When hot, add the **pork mince** and season with **salt and pepper**. Cook until browned, 4-5 mins. Use a wooden spoon to break it up as it cooks.

**IMPORTANT:** The mince is cooked when it is no longer pink in the middle.



## 4. Finish Off the Prep

a) Meanwhile, trim the **spring onion** and thinly slice.



## 2. Get Prepped

a) While the **pork** is browning, halve peel and thinly slice the **onion**.

b) Peel and grate the **garlic** (or use a **garlic press**).

c) Drain and rinse the **lentils** in a sieve.



## 5. Add the Kale

a) Stir the **kale** into the **pork mixture** in handfuls.

b) Cover with a lid or some tin foil and simmer until the **kale** is tender, 3-4 mins.

c) Meanwhile, pop the **naan** into your oven to warm through, 3-4 mins.



## 3. Cook!

a) Once the **pork** has browned, stir in the **onion**. Cook with the **pork mince** until softened, 4-5 mins.

b) Stir in the **garlic**, **pasanda spice** (use less if you don't like spice), **tomato puree** and **ginger puree**.

c) Combine and cook for 1 minute, then pour in the **coconut milk**, **water** (see ingredients for amount) and **chicken stock powder**.

d) Stir in the **lentils**, bring to the boil and simmer until the **mixture** has reduced slightly, 3-4 mins.



## 6. Finish and Serve

a) Taste the **curry** and add **salt** and **pepper** if you feel it needs it.

b) **TIP:** Add a splash of water too if the liquid has evaporated too much.

c) Serve in bowls with the **spring onion** sprinkled over the top and the **naan** on the side for mopping up the **curry**!

**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.