



Pork and Lentil Curry with Naan Bread

Rapid 20 Minutes • Little Heat • 2 of your 5 a day

13



Pork Mince



Onion



Garlic Clove



Lentils



Pasanda Seasoning



Tomato Purée



Ginger Purée



Coconut Milk



Chicken Stock Powder



Spring Onion



Kale



Naan

Before you start

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

Cooking tools, you will need:

Frying Pan, Chopping Board, Sharp Knife, 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 Purée	1 sachet	2 sachets	2 sachets
Ginger Purée	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	150ml	200ml	300ml
Chicken Stock Powder	1 sachet	2 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 ingredient	613g	100g
Energy (kJ/kcal)	4088/977	667/159
Fat (g)	49	8
Sat. Fat (g)	26	4
Carbohydrate (g)	86	14
Sugars (g)	13	2
Protein (g)	44	7
Salt (g)	3.54	0.58

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Gluten

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

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HelloFresh UK

Packed in the UK

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You can recycle me!



1



Get Started

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

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.

3



Cook!

a) Once the **pork** is 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 purée** and **ginger purée**.

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.

4



Finish off the Prep

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

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.

6



Finish and Serve

a) Taste the **curry** and add **salt** and **pepper** if you feel it needs it. **TIP:** Add a splash of water too if the liquid has evaporated too much.

b) 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.