



Pork and Lentil Curry

with Spring Onions and Naan Bread

Family 20 Minutes • Mild Spice • 2 of your 5 a day

11



Pork Mince



Onion



Garlic Clove



Brown Lentils



Pasanda Style Seasoning



Tomato Puree



Ginger Puree



Coconut Milk



Chicken Stock Paste



Spring Onion



Baby Spinach



Naan

Before you start

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

Cooking tools, you will need:

Frying Pan, Garlic Press, Sieve and Measuring Jug.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Onion**	1	1	2
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ carton	2 cartons
Pasanda Style Seasoning	2 small pots	1 large pot	1 large pot
Tomato Puree	1 sachet	2 sachets	2 sachets
Ginger Puree	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	400ml	400ml
Water*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g
Spring Onion**	1	2	2
Baby Spinach**	100g	150g	200g
Naan** 7) 11) 13)	2	3	4

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	641g	100g
Energy (kJ/kcal)	3790 /906	591 /141
Fat (g)	40	6
Sat. Fat (g)	22	3
Carbohydrate (g)	90	14
Sugars (g)	11	2
Protein (g)	42	7
Salt (g)	2.89	0.45

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 11) Soya 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

Thumbs up or thumbs down?

Head online or use our app to rate this recipe

You made this, now show it off! Share your creations with us: #HelloFreshSnaps

HelloFresh UK

Packed in the UK

The Fresh Farm

60 Worship St, London EC2A 2EZ

You can recycle me!



Brown the Mince

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 spoon to break it up as it cooks.

IMPORTANT: Wash your hands after handling raw mince. The mince is cooked when it is no longer pink in the middle.



Final Prep

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



Prep the Veg

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.



Add the Spinach

a) Add the **baby spinach** to the pan a handful at a time until wilted and piping hot, 1-2 mins.

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



Build the Curry

a) Once the **pork** is browned, drain any excess fat and stir in the **onion**. Cook with the **pork mince** until softened, 4-5 mins.

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

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

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



Finish and Serve

a) Taste the **curry** and add **salt** and **pepper** if needed. **TIP:** Add a splash of water 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.