

# Pork and Lentil Curry

with Spring Onions and Naan Bread



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











Garlic Clove





Pasanda Style Seasoning



**Brown Lentils** 

Tomato Puree



Ginger Puree



Coconut Milk



Chicken Stock



Spring Onion



Baby Spinach



Naan

### Before you start

Our fruit and veggies need a little wash before you

## 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

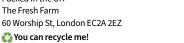
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- a) Preheat your oven to 200°C. Heat a drizzle of oil in a frying pan on medium-high heat.
- **b)** When hot, add the **pork mince** and season with **salt** and **pepper**. Cook until browned, 4-5 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands after handling raw mince. The mince is cooked when it is no longer pink in the middle.



## 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.



## **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.



## Final Prep

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



## 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.



## 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.