



Pork and Lentil Curry with Spinach and Naan Bread

Rapid 20 Minutes • Mild Spice

14



Pork Mince



Onion



Garlic Clove



Brown Lentils



Pasanda Style Seasoning



Tomato Puree



Ginger Puree



Coconut Milk



Chicken Stock Paste



Plain Naan



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Frying pan, garlic press, sieve and baking tray.

Ingredients

	2P	3P	4P
Pork Mince**	240g	360g	480g
Onion**	1	1	2
Garlic Clove**	1	2	2
Brown Lentils	1 carton	1½ cartons	2 cartons
Pasanda Style Seasoning	2 sachets	2 sachets	4 sachets
Tomato Puree	1 sachet	2 sachets	2 sachets
Ginger Puree	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	400ml	400ml
Water for Curry*	150ml	225ml	300ml
Chicken Stock Paste	10g	15g	20g
Plain Naan 7) 13)	2	3	4
Baby Spinach**	40g	100g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	557g	100g
Energy (kJ/kcal)	3625/866	651/155
Fat (g)	38.6	6.9
Sat. Fat (g)	22.6	4.1
Carbohydrate (g)	83.3	15.0
Sugars (g)	9.8	1.8
Protein (g)	41.4	7.4
Salt (g)	2.76	0.50

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

7) Milk 13) Cereals containing gluten

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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Fry the Pork

a) Preheat your oven to 220°C/200°C fan/gas mark 7.

b) Heat a drizzle of **oil** in a frying pan on medium-high heat.

c) Once the **oil** is hot, add the **pork mince** and fry until browned, 5-6 mins. Use a spoon to break it up as it cooks. **IMPORTANT:** Wash your hands and equipment after handling raw mince. The pork is cooked when no longer pink in the middle.



Simmer the Curry

a) Pour the **coconut milk** and **water for the curry** (see ingredients for amount) into the pan, then stir in the **chicken stock paste**.

b) Stir through the **lentils** and bring to the boil, then simmer until the **curry** has reduced slightly, 3-4 mins.



Prep Time

a) While the **pork** is cooking, 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.



Finishing Touches

a) Meanwhile, put the **naans** onto a baking tray.

b) Sprinkle with a little **water** and pop them into the oven to warm through, 2-3 mins.

c) Once the **curry** has thickened, add the **baby spinach** a handful at a time until wilted and piping hot, 1-2 mins.



Build the Flavour

a) Once the **pork** has browned, drain and discard any excess fat.

b) Add the **onion** to the **pork** and cook, stirring, until softened, 4-5 mins.

c) Stir in the **garlic**, **pasanda style seasoning** (use less if you don't like heat), **tomato puree** and **ginger puree**, then cook for 1 min more.



Serve

a) When ready, taste the **curry** and add **salt** and **pepper** if needed. Add a splash of **water** if it's a little too thick.

b) Serve your **pork curry** in bowls with the **naan** alongside for scooping.

Enjoy!