



Prawn and Roasted Butternut Squash Dal with Spring Onions

Calorie Smart 40 Minutes • Medium Spice • 1 of your 5 a day • Under 600 Calories

28



Onion



Butternut Squash



Garlic Clove



Korma Curry Paste



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



Spring Onion



King Prawns

Before you start

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

Cooking tools, you will need:

Garlic Press, Baking Tray, Frying Pan (with Lid) and Bowl.

Ingredients

	2P	3P	4P
Onion**	1	1½	2
Butternut Squash**	1	1	2
Garlic Clove**	1	2	2
Korma Curry Paste 9)	1 sachet	1½ sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Dal*	250ml	375ml	500ml
Vegetable Stock Paste 10)	10g	15g	20g
Red Split Lentils	100g	150g	200g
Spring Onion**	1	2	2
King Prawns** 5)	150g	225g	300g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	615g	100g
Energy (kJ/kcal)	2392 / 572	389 / 93
Fat (g)	24	4
Sat. Fat (g)	16	3
Carbohydrate (g)	62	10
Sugars (g)	20	3
Protein (g)	29	5
Salt (g)	3.48	0.57

Nutrition for uncooked ingredients based on 2 person recipe.
SmartPoints® values based on low-cal cooking spray oil.

Allergens

5) Crustaceans 9) Mustard 10) Celery

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!



Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Trim the **butternut squash** then halve lengthways and scoop out the seeds. Chop it widthways into 1cm slices, then chop into 1cm **chunks** (no need to peel). Peel and grate the **garlic** (or use a **garlic press**).



Simmer the Dal

Add the korma cury **paste** and **garlic** to the pan with the **onions** and cook, stirring, for 1 min. Add the **coconut milk**, **water** (see ingredients for amounts) and **vegetable stock paste**. Add the **lentils**, stir and bring to a simmer. Reduce the heat and cover with a lid (or some foil) and cook until the **lentils** are soft, 20-25 mins. Stir often to ensure the **lentils** don't stick to the bottom of the pan.



Roast the Butternut

Pop the **diced butternut** onto a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then roast until golden and cooked through, 25-30 mins. Turn halfway through cooking. **TIP:** Use two baking trays if necessary. Once cooked, remove from your oven.



Cook the Prawns

While the **lentils** cook, trim and thinly slice the **spring onion**. Once the **lentils** are cooked, add the **prawns** and stir them through. Cover with a lid and simmer until the **prawns** are cooked through, 3-4 mins. **IMPORTANT:** Wash your hands after handling raw seafood. The prawns are cooked when **pink on the outside and opaque in the middle**.



Start the Dal

Meanwhile, heat a drizzle of **oil** in a large frying pan over medium-high heat. Add the **onion** and cook, stirring frequently, until soft and golden, 7-8 mins.



Finish and Serve

Add a splash of **water** to the **dal** if you need to. Stir **two thirds** of the **roasted butternut** through the **dal** then divide between bowls and top with the remaining **roasted butternut** and the **spring onion**.

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.