



# Red Lentil and Spinach Dal with Roasted Aubergine

Calorie Smart 35 Minutes • Little Spice • Under 600 calories • 2 of your 5 a day • Veggie

No. 26



Basmati Rice



Aubergine



North Indian Style  
Curry Powder



Echalion Shallot



Garlic



Korma Curry  
Paste



Red Split Lentils



Tomato Passata



Vegetable Stock  
Paste



Baby Spinach

## Before you start

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

## Cooking tools, you will need:

Saucepan, Cutting Board, Knife, Baking Tray, Garlic Press and Bowls.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Aubergine**	1	1½	2
North Indian Style Curry Powder	1 sachet	1 sachet	2 sachets
Echalion Shallot**	1	1	2
Garlic	1	2	2
Korma Curry Paste <b>9)</b>	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Tomato Passata	1 carton	1½ carton	2 cartons
Water for the Lentils*	350ml	525ml	700ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Baby Spinach**	40g	75g	100g

\*Not Included \*\*Store in the Fridge

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	442g	100g
Energy (kJ/kcal)	2418 /578	547 /131
Fat (g)	8	2
Sat. Fat (g)	4	1
Carbohydrate (g)	107	24
Sugars (g)	13	3
Protein (g)	22	5
Salt (g)	2.92	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

### 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

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## Cook the Rice

Preheat your oven to 200°C. Pour the **cold water** for the **rice** (see ingredients for amount) into a medium saucepan with a tight-fitting lid. Stir in the **rice** and ¼ tsp of **salt**, cover with the lid and bring to the boil on medium-high heat. Once boiling, turn the heat down to its lowest setting. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the rice will continue to cook in its own steam).



## Add the Flavour

Add the **korma paste** and **garlic**, cook, stirring frequently for 1 min. Drain and rinse the **lentils** in a sieve, then add them into the pan along with the **passata**, **water** (see ingredients for amount) and **vegetable stock paste**. Stir well and bring to a boil. Once boiling, lower the heat to medium and cook until the **lentils** are soft, 20-25 mins. **TIP:** *Stir regularly to make sure it doesn't stick to the bottom of the pan and add a splash of water if it is starting to get too thick.*



## Roast the Aubergine

Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Pop the **aubergine** pieces onto a large baking tray. Drizzle with **oil** and season with **salt**, **pepper** and the **North Indian style curry powder**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 20-25 mins, turning halfway through.



## Finish

Once the **lentils** are cooked, add the **spinach** a handful at a time, stirring until wilted and piping hot, 2-3 mins. Stir through the **roasted aubergine** and cook until everything is piping hot. Taste and season with **salt** and **pepper** if necessary.



## Start the Dal

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Heat a drizzle of **oil** in a medium saucepan on medium heat. When hot, add the **shallot** and cook, stirring frequently, until tender, 3-4 mins.



## Serve

Once everything is ready, divide the **rice** between your plates. Top with the **aubergine dal** and tuck in.

## 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.