



# Red Lentil and Spinach Dal with Roasted Aubergine

Calorie Smart 45 Minutes • Little Spice • 2 of your 5 a day • Under 600 Calories

23



Echalion Shallot



Garlic Clove



Aubergine



North Indian  
Style Spice Mix



Basmati Rice



Korma Style Paste



Tomato Passata



Red Split  
Lentils



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:

Garlic Press, Baking Tray and Saucepan.

## Ingredients

	2P	3P	4P
Echalion Shallot**	1	1	2
Garlic Clove**	1	2	2
Aubergine**	1	1½	2
North Indian Style Spice Mix	1 pot	1 pot	2 pots
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Korma Style Paste <b>9)</b>	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Split Lentils	100g	150g	200g
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	463g	100g
Energy (kJ/kcal)	2426/580	524/125
Fat (g)	7	2
Sat. Fat (g)	1	1
Carbohydrate (g)	104	22
Sugars (g)	14	3
Protein (g)	24	5
Salt (g)	2.94	0.63

Nutrition for uncooked ingredients based on 2 person recipe.

**SmartPoints® values based on low-cal cooking spray oil.**

## 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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## Prep

Preheat your oven to 200°C. Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces.



## Finish the Dal

Add the **korma style paste** and **garlic** to the **shallot** and cook, stirring frequently, for 1 min. Add the **passata**, **lentils**, **water for the lentils** (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 starts to get too thick.**



## Roast the Aubergine

Pop the **aubergine pieces** onto a large baking tray. Drizzle with **oil** and season with **salt**, **pepper** and **North Indian style spice mix**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 20-25 mins, turning halfway through. Meanwhile, heat a drizzle of **oil** in a medium saucepan on a medium heat. When hot, add the **shallot** and cook, stirring frequently until tender, 3-4 mins.



## Add the Spinach

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.



## Cook the Rice

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 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).



## Serve

Once everything is ready, divide the **rice** between your bowls. 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.