



Red Lentil and Spinach Dal with Roasted Aubergine and Basmati Rice

23

Calorie Smart 40-45 Minutes • Mild Spice • 2 of your 5 a day • Veggie • Under 650 Calories



-  Red Onion
-  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!
Wash your hands before and after prep.

Cooking tools

Garlic press, baking tray, measuring jug, saucepan and lid.

Ingredients

	2P	3P	4P
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Aubergine**	1	1½	2
North Indian Style Spice Mix	1 sachet	1 sachet	2 sachets
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Korma Style Paste 9)	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ cartons	2 cartons
Red Split Lentils	100g	150g	200g
Water for the Dal*	350ml	525ml	700ml
Vegetable Stock Paste 10)	10g	15g	20g
Baby Spinach**	40g	75g	100g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	491g	100g
Energy (kJ/kcal)	2513 /601	512 /122
Fat (g)	7	2
Sat. Fat (g)	1	1
Carbohydrate (g)	110	22
Sugars (g)	17	3
Protein (g)	24	5
Salt (g)	2.93	0.60

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

Allergens

9) Mustard 10) Celery

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.

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Get Prepped

Preheat your oven to 200°C. Halve, peel and chop the **red onion** into small pieces. Peel and grate the **garlic** (or use a garlic press). Trim the **aubergine**, then chop into roughly 3cm pieces.



Make the Dal

Add the **korma style paste** and **garlic** to the **onion** and cook, stirring frequently, for 1 min. Add the **passata**, **lentils**, **water for the dal** (see ingredients for amount) and **vegetable stock paste**. Stir well and bring to a boil. 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.*



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Roast the Aubergine

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



Add the Spinach

Once the **lentils** are cooked, stir in the **spinach** a handful at a time 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 needed. **TIP:** *Add a splash more water if it's a little thick.*



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** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid. 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, fluff up the **rice** with a fork and spoon into your bowls. Top with the **aubergine dal** and tuck in.

Enjoy!