



SPICED VEGGIE & LENTIL PILAF

with Beetroot Slaw and Yoghurt



HELLO CARROT

Carrots have been bred to be orange. Orininally they were white, yellow and even purple!



Onion



Carrot



Garlic Clove



Beetroot



Lemon



Flat Leaf Parsley



Curry Powder



Basmati Rice



Vegetable Stock Powder



Flaked Almonds



Lentils



Baby Spinach



Natural Yoghurt

MEAL BAG 5

30 mins
4 of your 5 a day

Did you know, beetroot can be made into wine that apparently tastes like port? However, the pigment that gives beetroot it's fabulous colour is an antioxidant! Here we have grated it and made it into a delicious beetroot slaw, but you can make it into wine if you want, we won't judge!

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater**, **Coarse Grater**, **Large Saucepan** (with a **Lid**), **Measuring Jug**, **Frying Pan** (with a **Lid**) and **Sieve**. Now, let's get cooking!



1 GET PREPPED

Fill and boil your kettle. Halve, peel and thinly slice the **onion**. Trim the **carrot** (no need to peel), quarter lengthways. Chop into small pieces. Peel and grate the **garlic** (or use a garlic press). Peel and coarsely grate the **beetroot** (wash your hands straight after to avoid staining). Zest then halve the **lemon**. Roughly chop the **parsley** (stalks and all).



2 START THE PILAF

Heat a drizzle of **oil** in a large saucepan on medium-high heat. Once hot, add the **onion** and **carrot** and cook until softened, 5 mins. Stir in the **curry powder** and the **garlic** and cook for 1 minute, then stir in the **basmati rice**.



3 COOK THE RICE

Pour the **water** (see ingredients for amount) into the saucepan, stir in the **stock powder** and bring to the boil. When boiling, add a pinch of **salt**, lower the heat to medium and pop a lid on the pan. 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).



4 TOAST THE ALMONDS

Meanwhile, heat a frying pan on medium-high heat (no oil). When hot, add the **almonds** and toast until golden, turning frequently, 2-3 mins. **TIP:** Watch them like a hawk to make sure they don't burn! Once toasted, remove from the heat and pop into a small bowl. Add the **beetroot** to a large bowl and squeeze in **half the lemon juice**, a drizzle of **olive oil** and a pinch of **salt** and **pepper**. Add **half the parsley** and stir together.



5 WILT THE SPINACH

Drain and rinse the **lentils** in a sieve. Ten mins before the **rice** is ready, heat a drizzle of **oil** in a the now empty fryin tg pan on medium heat, when hot add the **spinach** and **lentils**. Fry for a couple of mins, stirring occasionally, then cover the pan with a lid or some foil and leave until the **spinach** has wilted, 2-3 mins. Once cooked, remove from the heat.



6 FINISH AND SERVE

Once the **rice** is cooked fluff it up with a fork and add the **spinach** and **lentils** (or add the **rice** to the **spinach** and **lentils** depending on which of your pans is bigger) along with the **lemon zest** and remaining **parsley**. Stir them in. Taste and add **salt** and **pepper** if needed. Serve the **veggie pilaf** in bowls with the **beetroot slaw** on top and finish with a dollop of **yoghurt** and a scattering of **almonds**. **Enjoy!**

2 - 4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Onion *	1	1	2
Carrot *	1	2	2
Garlic Clove *	1	1	1
Beetroot *	1	2	2
Lemon *	1	1	1
Flat Leaf Parsley *	1 bunch	1 bunch	1 bunch
Curry Powder 9)	1 small pot	1 large pot	1 large pot
Basmati Rice	150g	225g	300g
Water	300ml	450ml	600ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Flaked Almonds 2)	1 small bag	1 large bag	1 large bag
Lentils	1 carton	1½ cartons	2 cartons
Baby Spinach *	1 small bag	1 small bag	1 large bag
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch

*Not Included

* Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING 601G	PER 100G
Energy (kJ/kcal)	2184 / 522	363 / 87
Fat (g)	7	1
Sat. Fat (g)	1	1
Carbohydrate (g)	91	15
Sugars (g)	21	3
Protein (g)	20	3
Salt (g)	1.38	0.23

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

2) Nut 7) Milk 9) Mustard 10) Celery

Wash your hands before and after handling ingredients. Wash fruit and vegetables; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in-between uses.

THUMBS UP OR THUMBS DOWN?

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