



# Turmeric Roasted Cauliflower with Lentil and Coconut Dal

Classic 35 Minutes • 3.5 of your 5 a day • Veggie

20



Onion



Carrot



Garlic Clove



Ginger



Lentils



Cauliflower



Ground Turmeric



Curry Powder



Tomato Purée



Coconut Milk



Vegetable Stock Powder



Coriander



Lime



Baby Spinach

## Before you start

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

## Cooking tools, you will need:

Fine Grater (or Garlic Press), Sieve, Baking Tray, Saucepan and Measuring Jug.

## Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Ginger**	1 piece	1 piece	2 pieces
Lentils	1 carton	1½ cartons	2 cartons
Cauliflower	1	1½	2
Oil for the Cauliflower*	2 tbsp	3 tbsp	4 tbsp
Ground Turmeric	1 pot	1½ pots	2 pots
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	400ml	400ml
Water for the Curry*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Baby Spinach**	1 small bag	1 large bag	2 small bags

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	741g	100g
Energy (kJ/kcal)	2307 / 552	311 / 75
Fat (g)	30	4
Sat. Fat (g)	18	2
Carbohydrate (g)	49	7
Sugars (g)	21	3
Protein (g)	18	2
Salt (g)	1.26	0.17

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.



## Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Trim the ends from the **carrot**, halve lengthways then cut lengthways again into 1cm wide strips. Chop into small 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Drain and rinse the **lentils** in a sieve.



## Cauli Time

Meanwhile, separate the **cauliflower** into florets (halve the florets if they are very big). Mix the **turmeric** with the **oil** (see ingredients for amount) in a large bowl, season with **salt** and **pepper**. Add the **cauliflower** and toss to coat in the mixture. Tip the **cauliflower** onto a baking tray, then roast in your oven on the top shelf until golden brown, and tender 15-20 mins. Turn halfway through.



## Start the Dal

Heat a drizzle of **oil** in a saucepan on medium-high heat. Once hot, add the **onion** and cook until slightly softened, 2-3 mins, then add the **carrot**, stir together and cook until tender, 4-5 mins more. Add the **curry powder**, **garlic**, **ginger** and **tomato purée**. Stir and cook for 2 mins, then pour in the **coconut milk** and the **water** (see ingredients for amount). Stir in the **vegetable stock powder** and **lentils**.



## Simmer

Bring the mixture to a simmer and cook until the **carrot** is tender and the flavours have developed, 8-10 mins. Meanwhile, roughly chop the **coriander** (stalks and all) and halve the **lime**.



## Finish the Dal

Once cooked, add the **spinach** in handfuls and stir to wilt, 2-3 mins. Remove from the heat, add **half** the **coriander** and a squeeze of **lime**. Taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it.



## Serve

Spoon the **dal** into bowls and top with the golden **cauliflower**. Sprinkle over the remaining **coriander**.

## 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.