



North Indian Style Cauliflower & Lentil Dal

with Caramelised Onion and Spinach

23

Calorie Smart 30-35 Minutes • Mild Spice • 5 of your 5 a day • Veggie • Under 650 Calories



-  Onion
-  Garlic Clove
-  Lentils
-  Cauliflower Florets
-  North Indian Style Spice Mix
-  Tomato Puree
-  Coconut Milk
-  Vegetable Stock Paste
-  Lime
-  Baby Spinach

Pantry Items
Oil, Salt, Pepper, Sugar, Honey

Before you start

Our fruit and veg need a little wash before you use them!
Wash your hands before and after prep. Ingredients in **red** are hot!

Cooking tools

Garlic press, sieve, saucepan and baking tray.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Cauliflower Florets**	300g	450g	600g
North Indian Style Spice Mix	1 sachet	2 sachets	2 sachets
Tomato Puree	30g	45g	60g
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10	10g	15g	20g
Lime**	½	1	1
Baby Spinach**	40g	100g	100g
Pantry	2P	3P	4P
Sugar for the Onions*	½ tsp	¾ tsp	1 tsp
Water for the Dal*	100ml	150ml	300ml
Honey*	1 tbsp	1½ tbsp	2 tbsp

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g
for uncooked ingredient	569g	100g
Energy (kJ/kcal)	2002 /479	352 /84
Fat (g)	24.6	4.3
Sat. Fat (g)	19.9	3.5
Carbohydrate (g)	47.7	8.4
Sugars (g)	20.5	3.6
Protein (g)	16.5	2.9
Salt (g)	2.67	0.47

Nutrition for uncooked ingredients based on 2 person recipe.

Reference Intake of an average adult (8400kJ/2000kcal).

Point™ values based on low-cal cooking spray oil.

Allergens

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.

SOURCE OF PROTEIN - Protein contributes to the maintenance of muscle mass.

Contact

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Get Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press).

Drain and rinse the **lentils** in a sieve.



Simmer the Lentils

Once the **onion** has caramelised, add the **garlic**, **tomato puree** and remaining **North Indian style spice mix** to the pan. Stir-fry for 1 min.

Stir in the **coconut milk**, **veg stock paste**, **lentils** and **water for the dal** (see pantry for amount), then bring to a simmer.

Cook until thickened and the **lentils** are tender, 8-10 mins. Add a splash of **water** if it's too thick.



Caramelize the Onion

Heat a drizzle of **oil** in a medium saucepan on medium heat.

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 10-12 mins.

Add the **sugar for the onions** (see pantry for amount) and cook until caramelised, 1-2 mins more.



Bring on the Spinach

When the **cauliflower** has 5 mins remaining, remove the tray from the oven. Drizzle over the **honey** (see pantry for amount), toss to coat, then roast for the remaining time.

Meanwhile, halve the **lime** (see ingredients for amount).

Once thickened, add the **spinach** to the **dal** a handful at a time until wilted and piping hot, 1-2 mins.

Remove from the heat and squeeze in some **lime juice**. Taste and add **salt**, **pepper** and more **lime juice** if needed.



Cauli Time

Halve any large **cauliflower florets** and pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **North Indian style spice mix**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins.



Serve

Spoon the **dal** into your serving bowls and top with the **roasted cauliflower**.

Enjoy!

