



# Creamy Korma Lentils and Sweet Potato

with Roasted Tomatoes, Mango Chutney and Garlic Ciabatta

Classic 30-35 Minutes • Mild Spice • 5 of your 5 a day

19



Sweet Potato



Baby Plum Tomatoes



Lentils



Garlic Clove



Korma Curry Paste



Vegetable Stock Paste



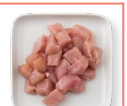
Ciabatta



Creme Fraiche



Mango Chutney



Diced Chicken Breast

### Pantry Items

Oil, Salt, Pepper, Butter

### CUSTOM RECIPE

If you chose to add or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!



## 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

Baking tray, aluminium foil, sieve, garlic press, frying pan and bowl.

## Ingredients

Ingredients	2P	3P	4P
Sweet Potato	2	3	4
Baby Plum Tomatoes	125g	190g	250g
Lentils	1 carton	1½ cartons	2 cartons
Garlic Clove**	3	4	6
Korma Curry Paste <b>9</b>	50g	75g	100g
Vegetable Stock Paste <b>10</b>	10g	15g	20g
Ciabatta <b>13</b>	1	2	2
Crema Fraiche** <b>7</b>	75g	150g	150g
Mango Chutney	40g	80g	80g
Diced Chicken Breast**	240g	390g	20g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Lentils*	100ml	150ml	200ml

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

## Nutrition

Typical Values	Custom Recipe			
	Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	633g	100g	763g	100g
Energy (kJ/kcal)	3286 / 785	519 / 124	3933 / 940	516 / 123
Fat (g)	28.4	4.5	30.8	4.0
Sat. Fat (g)	14.0	2.2	14.6	1.9
Carbohydrate (g)	110.7	17.5	110.8	14.5
Sugars (g)	33.4	5.3	33.6	4.4
Protein (g)	18.4	2.9	49.8	6.5
Salt (g)	4.91	0.78	5.10	0.67

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).

## Allergens

**7)** Milk **9)** Mustard **10)** Celery **13)** Cereals containing gluten

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, cereals containing 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. Be careful when adding water to hot pans while cooking.

## Contact

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## Roast the Sweet Potato

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

Remove the **butter** from your fridge and leave to one side to soften (see pantry for amount).

Chop the **sweet potatoes** into 2cm chunks (no need to peel) and pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then toss to coat. Spread out in a single layer. **TIP:** Use two baking trays if necessary.

When the oven is hot, bake on the top shelf until golden, 25-35 mins. Turn halfway through.

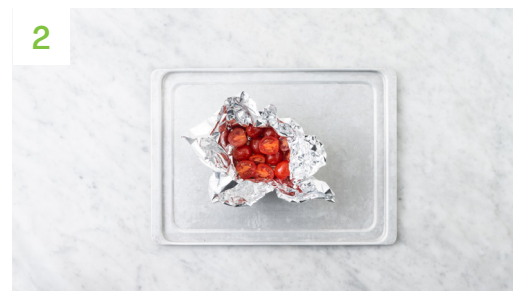


## Make the Garlic Ciabatta

While the **lentils** simmer, pop the softened **butter** into a small bowl and add the remaining **garlic**. Use a fork to mash the **garlic** into the **butter**. Season with **salt** and **pepper**.

Halve the **ciabatta**, then spread the **garlic butter** over the cut sides.

Once the **lentils** have reduced, stir in the **creme fraiche**. Simmer for 1 min more, then remove from the heat.



## Tomato Time

While the **sweet potato** roasts, halve the **tomatoes** and pop them onto a piece of foil with a drizzle of **oil**, then season with **salt** and **pepper**. Fold the foil, sealing on all sides to create a **parcel**.

Once the **sweet potato** has roasted for 10 mins, place the **tomato parcel** alongside (use another tray if necessary). Cook for the remaining time.

Meanwhile, drain and rinse the **lentils** in a sieve. Peel and grate the **garlic** (or use a garlic press).



## Finish Up

When the **sweet potato** has 5 mins of roasting time remaining, bake the **garlic ciabatta** on the middle shelf of your oven until golden, 5-6 mins.

When everything's ready, reheat the **lentils** (if needed), then stir in the **roasted sweet potato**.

Add a splash more **water** if you feel it needs it. Season with **salt** and **pepper**.



## Start the Lentils

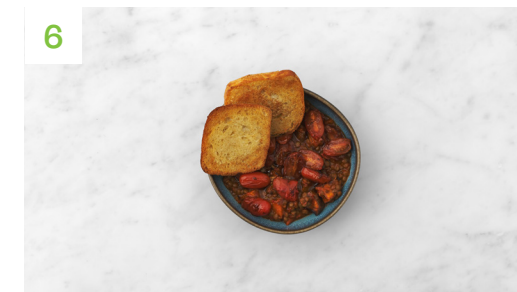
Heat a drizzle of **oil** in large frying pan on medium heat. Once hot, add the **korma curry paste** and **half** the **garlic**, stir-fry until fragrant, 1 min.

Stir in the **water for the lentils** (see pantry for amount), **veg stock paste** and **lentils**. Bring to the boil, then lower the heat and simmer until reduced by about half, 4-5 mins.

## CUSTOM RECIPE

If you're adding **chicken**, add it to the pan before the **spices**. Fry on medium-high heat, 5-6 mins, then add the **spices** and continue as instructed.

**IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.



## Serve Up

Share the **creamy korma lentils** out between your bowls, then top with the **roasted tomatoes** and any **juices** from the **parcel**.

Drizzle over the **mango chutney**. Cut the **garlic ciabatta** in half diagonally and serve alongside.

## Enjoy!