



Butter Lentil and Tomato Curry

with Basmati Rice and Mustard Seed Green Beans

Classic 35-40 Minutes • **Mild Spice** • 1 of your 5 a day

20



Garlic Clove



Basmati Rice



Tandoori Masala Mix



Korma Curry Paste



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



Baby Plum Tomatoes



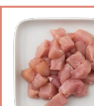
Green Beans



Mustard Seeds



Mango Chutney



Diced British Chicken Breast



Paneer



Butter curries are a crowd-pleasing Indian dish, with a recognisable and delicious tomato and butter curried sauce. Here, we're heroing veg and the humble lentil for a vegetarian twist on a classic recipe.

Pantry Items

Oil, Salt, Pepper, Butter

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, saucepan, lid, aluminium foil and frying pan.

Ingredients

Ingredients	2P	3P	4P
Garlic Clove**	2	3	4
Basmati Rice	150g	225g	300g
Tandoori Masala Mix	1 sachet	1 sachet	2 sachets
Korma Curry Paste 9)	50g	75g	100g
Coconut Milk	180ml	250ml	360ml
Vegetable Stock Paste	15g	25g	30g
Red Split Lentils	100g	150g	200g
Baby Plum Tomatoes	125g	190g	250g
Green Beans**	150g	200g	300g
Mustard Seeds 9)	1 sachet	1 sachet	2 sachets
Diced British Chicken Breast**	240g	390g	520g
Paneer** 7)	226g	452g	452g
Pantry	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Water for the Curry*	300ml	450ml	600ml
Oil for Cooking*	1 tbsp	1½ tbsp	2 tbsp
Butter*	20g	30g	40g

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Diced Chicken Breast		Paneer	
			Per serving	Per 100g	Per serving	Per 100g
for uncooked ingredient	725g	100g	855g	100g	842g	100g
Energy (kJ/kcal)	3564 /852	491 /117	4212 /1007	492 /118	5355 /1280	636 /152
Fat (g)	32.3	4.5	34.6	4.1	67.6	8.0
Sat. Fat (g)	20.0	2.8	20.7	2.4	40.2	4.8
Carbohydrate (g)	116.9	16.1	117.1	13.7	121.6	14.4
Sugars (g)	20.3	2.8	20.5	2.4	24.7	2.9
Protein (g)	24.0	3.3	55.4	6.5	47.6	5.6
Salt (g)	3.64	0.50	3.84	0.45	4.21	0.50

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

Allergens

7) Milk 9) Mustard

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, mollusc, 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.

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1 Cook the Rice

Peel and grate the **garlic** (or use a garlic press).

Pour the **water for the rice** (see pantry 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).



4 Fry the Beans

After 10 mins, remove the lid from the **lentil** pan and stir through the **tomatoes**. Continue to simmer for another 10-15 mins.

Meanwhile, heat a drizzle of **oil** in a large frying pan on medium-high heat.

Once hot, add the **green beans**. Season with **salt** and **pepper**, then stir-fry until starting to char, 2-3 mins. Stir in the **mustard seeds** and cook for 1 min.

Add a splash of **water** and immediately cover with a lid or some foil. Cook until the **beans** are tender, 4-5 mins. Remove from the heat.

CUSTOM RECIPE

+ DICED CHICKEN BREAST

Add the **chicken** to the pan halfway through cooking the **lentils**. Simmer for the remaining time, 10-12 mins. **IMPORTANT:** Wash hands and utensils after handling raw meat. Cook so there's no pink in the middle.

+ PANEER

Cut the **paneer** into 1cm cubes. Heat the **oil** (2p: 1 tbsp/3p: 1.5 tbsp/4p: 2 tbsp) in a large frying pan. Fry the **paneer**, 5-8 mins, then serve on the **curry**.



2 Build the Flavour

Meanwhile, heat a large saucepan on medium-high heat with a drizzle of **oil**.

Once hot, add the **garlic**, **tandoori masala mix** and **korma curry paste**. Cook until fragrant, 1-2 mins.

Pour in the **coconut milk**, **veg stock paste** and **water for the curry** (see pantry for amount).

Stir to combine and bring to the boil. Stir through the **red split lentils**, then turn the heat down to medium-low and cover with a lid or foil.



5 Finishing Touches

Once the **lentils** are cooked, stir through the **mango chutney** and **butter** (see pantry for amount) until melted. Remove from the heat.

Taste and season with **salt** and **pepper** if needed.

Add a splash of **water** if it's a little thick.



3 Cook the Lentils

Simmer until the **lentils** are tender, 20-25 mins.

Stir occasionally to make sure the **lentils** aren't sticking to the bottom of the pan. Add a splash of **water** if the **curry** gets too dry.

Meanwhile, halve the **baby plum tomatoes**. Trim and cut the **green beans** into thirds.

Custom Recipe: If you've chosen to add **diced chicken** or **paneer**, follow the instructions at the bottom of the page.



6 Serve Up

When everything's ready, fluff up the **rice** with a fork and share between your bowls.

Top with the **butter lentil curry** and **mustard seed green beans**.

Enjoy!