







More Than Food
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Cauliflower and Lentil Dal

Every week we sit down and go through all your recipe scores and comments and they make a huge difference to the way our menu planning whiz, Ellie plans your future dinners. The humble dal is a great example. Of all the Indian recipes we've created, this one stands out from the crowd both in taste and pure, body-nourishing warmth.



40 mins



3.5 of your 5 a day



veggie



mild



mealkit



one pot wonder



Onion
(1)



Garlic Clove
(1)



Cauliflower
(½)



Coriander
(½ bunch)



Green Beans
(1 pack)



Curry Powder
(1 tbsp)



Tomato Purée
(1 tbsp)



Chopped Tomatoes
(1 tin)



Red Split Lentils
(100g)



Water
(200ml)



Vegetable Stock Pot
(1)



Greek Yoghurt
(½ pot)


2 PEOPLE INGREDIENTS

- Onion, chopped **1**
- Garlic Clove, grated **1**
- Cauliflower, florets **½**
- Coriander, chopped **½ bunch**
- Green Beans, chopped **1 pack**
- Curry Powder **1 tbsp**
- Tomato Purée **1 tbsp**
- Chopped Tomatoes **1 tin**
- Red Split Lentils **100g**
- Water **200ml**
- Vegetable Stock Pot **1**
- Greek Yoghurt **½ pot**

Allergens: Mustard, Milk, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	348 kcal / 1463 kJ	8 g	3 g	50 g	20 g	21 g	3 g
Per 100g	55 kcal / 231 kJ	1 g	0 g	8 g	3 g	3 g	0 g

 Our fruit and veggies may need a little wash before cooking!

Did you know...

You shouldn't throw away your cauliflower leaves! They are entirely edible and brilliant to add to vegetable stocks and soups.

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery Salt**, **Celery Powder**, Carrot, Parsley, Ground Turmeric, Ground White Pepper.



1 Peel and very finely chop the **onion** and peel and grate the **garlic** (or use a garlic press if you have one). Cut the **cauliflower** into bite-sized florets. Roughly chop the **coriander**. Chop the **green beans** into thirds and discard the ends.

2 Heat a splash of **oil** in a large pot on medium-low heat. Add your **onion** and slowly cook for 5 mins, then add your **garlic** and cook for a further minute. Season with a pinch of **salt** and a few grinds of **black pepper**. **Tip:** *If the onion starts to brown, turn the heat down a bit.*

3 Once your **onions** are soft, add the **curry powder** and stir.



4 Stir in the **tomato purée** and then add the **chopped tomatoes**. Add another pinch of **salt** and a sprinkle of **sugar** (if you have some). Add the **red lentils**, the **water** (amount specified in the ingredient list) and the **vegetable stock pot**. Bring to a gentle simmer, put a lid on and leave for 5 mins.

5 Remove the lid and add your **cauliflower**. Cook for around 12-15 mins or until tender.



6 When your **cauliflower** is halfway through cooking add your **green beans** and cook for 6-7 more mins. **Tip:** *Don't worry if the dal is drying out a little – just add a bit more water to get a looser consistency.*

7 Stir through two-thirds of your **coriander** and some of the **yoghurt**. **Tip:** *At this stage it's crucial to taste for seasoning - have a spoonful and add more salt and pepper to lift the flavours to their max!*



8 Serve in a bowl with a dollop of **yoghurt** poured over, and the remaining **coriander** sprinkled on top.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!