



Creamy Korma Lentils and Sweet Potato with Roasted Tomatoes, Mango Chutney and Garlic Bread

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

42



Sweet Potato



Baby Plum Tomatoes



Lentils



Garlic Clove



Korma Style Paste



Vegetable Stock Paste



Ciabatta



Creme Fraiche



Greek Style Salad Cheese



Mango Chutney

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.

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 Style Paste 9)	50g	75g	100g
Vegetable Stock Paste 10)	10g	15g	20g
Ciabatta 13)	1	2	2
Creme Fraiche** 7)	75g	150g	150g
Greek Style Salad Cheese** 7)	50g	100g	100g
Mango Chutney	40g	80g	80g
Pantry	2P	3P	4P
Butter*	20g	30g	40g
Water for the Lentils*	100ml	150ml	200ml

*Not Included **Store in the Fridge

Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	608g 3539 /846	100g 583 /139
Fat (g)	33.4	5.5
Sat. Fat (g)	17.4	2.9
Carbohydrate (g)	110.8	18.2
Sugars (g)	33.5	5.5
Protein (g)	22.1	3.6
Salt (g)	5.46	0.9

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, 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.

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 Butter

Meanwhile, once the **butter** has softened slightly, pop 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 a further min, then remove from the heat.



Prep the Rest

Meanwhile, 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**, then set aside on large baking tray.

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, pop the **ciabatta** into the oven and bake until golden, 5-6 mins.

When everything is ready, reheat the **lentils** (if needed), then stir in the **sweet potato**. Add a splash more **water** if you feel it needs it. Season with **salt** and **pepper**.



Start the Lentils

Once the **sweet potato** has been in the oven for 10 mins, add the **tomato parcel** to the bottom shelf of your oven. Roast for the remaining time.

Meanwhile, heat a drizzle of **oil** in large frying pan on medium heat. Add the **korma style paste** and **half the garlic**, stir-fry for 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.



Serve

Share the **creamy korma lentils** between your serving bowls.

Spoon the **roasted tomatoes** over the top, including any **juices** from the **parcel**.

Crumble the **cheese** over the top and drizzle with the **mango chutney**.

Cut the **garlic bread** in half diagonally and serve alongside.

Enjoy!