



# Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

**Rapid** 20 Minutes • Medium Spice • 3 of your 5 a day • Veggie

N° 16



Cauliflower Florets



Diced Sweet Potato



Cumin



Shallot



Garlic Clove



Coriander



Lime



Brown Lentils



Zanzibar Curry Spice Mix



Coconut Milk



Vegetable Stock Paste



Baby Spinach

## Before you start

Our fruit and veggies need a little wash before you use them!

## Cooking tools, you will need:

Baking Tray, Garlic Press, Sieve, Saucepan, Measuring Jug, Bowl.

## Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Sweet Potato**	200g	300g	400g
Cumin	1 sachet	1 sachet	2 sachets
Shallot**	1	1	2
Garlic Clove	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Brown Lentils	1 carton	1½ cartons	2 cartons
Zanzibar Curry Spice Mix 9)	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for Curry*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	579g	100g
Energy (kJ/kcal)	1976 /472	341 /81
Fat (g)	21	4
Sat. Fat (g)	17	3
Carbohydrate (g)	51	9
Sugars (g)	12	2
Protein (g)	16	3
Salt (g)	1.53	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

9) Mustard 10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

## Contact

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HelloFresh UK

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 You can recycle me!



## Get Started

**a)** Preheat your oven to 210°C. Pop the **cauliflower florets** and **diced sweet potato** on two separate baking trays.

**b)** Sprinkle the **ground cumin** over both of them. Drizzle with **oil** and season with **salt** and **pepper**.

**c)** Toss to coat. Roast in your oven until browned and tender, about 18 mins.



## Get Prepped

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

**b)** Roughly chop the **coriander** (stalks and all). Halve the **lime**.

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



## Start the Curry

**a)** Heat a drizzle of **oil** in a large saucepan over medium-high heat.

**b)** Once hot, add the **shallot** and cook, stirring, until softened, 2-3 mins.

**c)** Add the **garlic** and **Zanzibar curry spice mix** and cook, stirring, for 1 minute.



## Simmer

**a)** Add the **coconut milk**, **stock paste** and **water** (see ingredients for amount), mix well then add the **lentils**.

**b)** Season with **salt** and **pepper**, then bring to a simmer and cook for 4-5 mins, stirring occasionally.



## Finish Up

**a)** Add the **spinach** to the **lentils** and handful at a time and stir until it has all wilted and is piping hot, 2-3 mins.

**b)** Once the **cauliflower** and **sweet potato** are cooked, add to the **lentils** and stir through with **half** the **coriander** and a squeeze of **lime juice**.

**c)** Taste and add more **salt** and **pepper** if you like. Cut any remaining **lime** into **wedges**.



## Serve

**a)** Divide the **curry** between bowls, top with the remaining **coriander** and serve with any remaining **lime wedges**.

## Enjoy!

**There may be changes to ingredients in recipes:**

**Allergens:** Always check the packaging of individual products/ingredients for up to date information.

**Missing Ingredients:** You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.