



Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

23

Calorie Smart 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie • Under 650 Calories



Cauliflower



Diced Sweet Potato



Ground Cumin



Garlic Clove



Lime



Brown Lentils



Zanzibar Style Curry Powder



Coconut Milk



Vegetable Stock Paste



Baby Spinach

Before you start

Our fruit and veggies need a little wash before you use them!
Wash your hands before and after prep.

Cooking tools

Baking tray, garlic press, sieve and saucepan.

Ingredients

	2P	3P	4P
Cauliflower**	1	1	2
Diced Sweet Potato**	200g	300g	400g
Ground Cumin	1 sachet	1 sachet	2 sachets
Garlic Clove**	1	2	2
Lime**	½	1	1
Brown Lentils	1 carton	1½ cartons	2 cartons
Zanzibar Style Curry Powder 9)	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for the Curry*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	727g	100g
Energy (kJ/kcal)	2167 /518	298 /71
Fat (g)	22.1	3.0
Sat. Fat (g)	17.0	2.3
Carbohydrate (g)	54.7	7.5
Sugars (g)	14.6	2.0
Protein (g)	18.7	2.6
Salt (g)	1.60	0.22

Nutrition for uncooked ingredients based on 2 person recipe.
PersonalPoints™ values based on low-cal cooking spray oil.

Allergens

9) Mustard 10) Celery

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.

Having trouble with your WW QR code? You can type this recipe name into the search bar in the WW app to see your unique PersonalPoints™ value.

Contact

Let us know what you think!

Share your creations with #HelloFreshSnaps

Head to hellofresh.co.uk or use our app to rate this recipe

HelloFresh UK
Packed in the UK
The Fresh Farm
60 Worship St, London EC2A 2EZ

You can recycle me!



Get Roasting

- Preheat your oven to 230°C/210°C fan/gas mark 8.
- Cut the **cauliflower** into florets (like small trees). Halve any large florets, then pop the **cauliflower** and **diced sweet potato** on two separate baking trays. Sprinkle the **ground cumin** over both of them.
- Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.
- Roast in your oven until browned and tender, about 18-20 mins.



Simmer the Lentils

- Add the **coconut milk**, **veg stock paste** and **water for the curry** (see ingredients for amount) to the pan.
- Mix well, then stir in the **lentils**.
- Season with **salt** and **pepper**, then bring to a simmer and cook for 4-5 mins, stirring occasionally.



Prep Time

- While the **veg** roasts, peel and grate the **garlic** (or use a garlic press).
- Halve the **lime**.
- Drain and rinse the **lentils** in a sieve.



Add the Veg

- Add the **spinach** to the **lentils** a handful at a time and stir until wilted and piping hot, 2-3 mins.
- Once the **cauliflower** and **sweet potato** are cooked, add them to the **lentils** and squeeze in a little **lime juice**.
- Add a splash of **water** if the **curry** is a bit too thick. Taste and season if needed.
- Cut any remaining **lime** into wedges.



Bring on the Spice

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **garlic** and **Zanzibar style curry powder** and cook, stirring, for 30 secs.



Serve

- Share the **creamy lentil curry** between your bowls.
- Serve with the **lime wedges** for squeezing over.

Enjoy!

Scan to get your exact PersonalPoints™ value

