



Prawn and Roasted Butternut Squash Dal with Red Split Lentils

Classic 40-45 Minutes • Mild Spice • 4 of your 5 a day

6



Onion



Garlic Clove



Butternut Squash



Korma Style Paste



Coconut Milk



Vegetable Stock Paste



Red Split Lentils



King Prawns



King Prawns

Pantry Items

Oil, Salt, Pepper

CUSTOM RECIPE

This is a Custom recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Happy cooking!

Before you start

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

Cooking tools

Garlic press, baking tray, frying pan and lid.

Ingredients

Ingredients	2P	3P	4P
Onion**	1	1½	2
Garlic Clove**	1	2	2
Butternut Squash	1	1	2
Korma Style Paste 9)	50g	75g	100g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Red Split Lentils	100g	150g	200g
King Prawns** 5)	150g	225g	300g
King Prawns** 5)	150g	225g	300g

Pantry	2P	3P	4P
Water for the Dal*	250ml	375ml	500ml

*Not Included **Store in the Fridge

Nutrition

Typical Values	Per serving	Per 100g	Custom Recipe	
			Per serving	Per 100g
for uncooked ingredient	628g	100g	703g	100g
Energy (kJ/kcal)	2719 /650	433 /104	2939 /702	418 /100
Fat (g)	28.5	4.5	29.2	4.2
Sat. Fat (g)	20.4	3.3	20.7	2.9
Carbohydrate (g)	67.8	10.8	67.8	9.7
Sugars (g)	23.0	3.7	23.0	3.3
Protein (g)	31.4	5.0	43.2	6.1
Salt (g)	3.54	0.56	4.44	0.63

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

Allergens

5) Crustaceans 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.

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 Prepped

Preheat your oven to 220°C/200°C fan/gas mark 7.

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

Trim the **butternut squash**, halve lengthways, then scoop out the seeds (peel first if you prefer). Cut into 1cm chunks.



Roast the Butternut

Pop the **diced butternut** 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, roast on the top shelf until golden and cooked through, 25-30 mins. Turn halfway through.

Once cooked, remove from your oven.



Fry the Onion

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

Once hot, add the **onion** and cook, stirring frequently, until soft and golden, 7-8 mins.



Simmer and Spice

Add the **korma style paste** and **garlic** to the **onion** and cook, stirring, for 1 min.

Stir in the **coconut milk**, **water for the dal** (see pantry for amount) and **veg stock paste**. Add the **lentils**, stir together and bring to a simmer.

Reduce the heat, cover with a lid (or some foil) and cook until the **lentils** are soft, 20-25 mins. Stir often to ensure they don't stick to the bottom of the pan.



Cook the Prawns

While the **lentils** cook, drain the **prawns**.

Once the **lentils** are cooked, bring to the boil and stir through the **prawns**.

Simmer until the **prawns** are cooked through, 5-6 mins. **IMPORTANT: Wash your hands and equipment after handling raw prawns. They're cooked when pink on the outside and opaque in the middle.**



Finish and Serve

When the **prawns** are cooked, add a splash of **water** to the **dal** if you feel it needs it. Stir through **two thirds** of the **roasted butternut**.

Share the **prawn dal** between your bowls and top with the remaining **roasted butternut** to finish.

Enjoy!

CUSTOM RECIPE

If you've chosen to double up on **king prawns**, cook the recipe in the same way.