



# North Indian Style Cauliflower & Lentil Dal

with Caramelised Onion and Spinach

23

Calorie Smart 30-35 Minutes • Mild Spice • 4 of your 5 a day • Veggie • Under 650 Calories



-  Onion
-  Garlic Clove
-  Lentils
-  Cauliflower Florets
-  North Indian Style Spice Mix
-  Tomato Puree
-  Coconut Milk
-  Vegetable Stock Paste
-  Lime
-  Baby Spinach

**Pantry Items**  
Oil, Salt, Pepper, Sugar

## 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, sieve, saucepan and baking tray.

## Ingredients

Ingredients	2P	3P	4P
Onion**	1	1	2
Garlic Clove**	2	3	4
Lentils	1 carton	1½ cartons	2 cartons
Cauliflower Florets**	300g	450g	600g
North Indian Style Spice Mix	2 sachets	2 sachets	4 sachets
Tomato Puree	30g	45g	60g
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste (10)	10g	15g	20g
Lime**	½	1	1
Baby Spinach**	40g	100g	100g

Pantry	2P	3P	4P
Sugar*	½ tsp	¾ tsp	1 tsp
Water for the Dal*	100ml	150ml	300ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving 505g	Per 100g 100g
Energy (kJ/kcal)	1724 /412	342 /82
Fat (g)	20.2	4.0
Sat. Fat (g)	16.6	3.3
Carbohydrate (g)	39.5	7.8
Sugars (g)	14.2	2.8
Protein (g)	14.6	2.9
Salt (g)	2.56	0.51

Nutrition for uncooked ingredients based on 2 person recipe.  
Reference Intake of an average adult (8400kJ/2000kcal).  
PersonalPoints™ values based on low-cal cooking spray oil.

## Allergens

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

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60 Worship St, London EC2A 2EZ

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## 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).

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



## Simmer the Lentils

Once the **onion** has caramelised, add the **garlic**, **tomato puree** and remaining **North Indian style spice mix** to the pan. Stir-fry for 1 min.

Stir in the **coconut milk**, **vegetable stock paste**, **lentils** and **water for the dal** (see pantry for amount), then bring to a simmer and cook until thickened, 8-10 mins. Add a splash of **water** if it gets too thick.

Meanwhile, halve the **lime**.



## Caramelize the Onion

Heat a drizzle of **oil** in a medium saucepan on medium heat

Once hot, add the **onion** and season with **salt** and **pepper**. Fry, stirring occasionally, until golden, 8-10 mins.

Add the **sugar** (see pantry for amount) and cook until caramelised, 1-2 mins more.



## Finish your Dal

Once thickened, add the **spinach** to the **dal** a handful at a time until wilted and piping hot, 2-3 mins.

Remove from the heat and squeeze in some **lime juice**. Taste and add **salt**, **pepper** and more **lime juice** if needed.



## Cauli Time

Halve any large **cauliflower florets** and pop them onto a large baking tray.

Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **North Indian style spice mix**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until golden brown and tender, 15-20 mins. Turn halfway through.



## Serve

Spoon the **dal** into your serving bowls and top with the **roasted cauliflower**.

## Enjoy!

