



Red Lentil and Spinach Dal with Roasted Aubergine and Basmati Rice

Classic 40-45 Minutes • Mild Spice • 3 of your 5 a day • Veggie

20



Echalion Shallot



Garlic Clove



Aubergine



North Indian Style
Spice Mix



Basmati Rice



Korma Style Paste



Tomato Passata



Red Split Lentils



Vegetable Stock
Paste



Baby Spinach



Paneer

Pantry Items

Oil, Salt, Pepper, Sugar

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, kitchen paper, saucepan and lid.

Ingredients

| Ingredients | 2P | 3P | 4P |
|------------------------------|-----------|------------|-----------|
| Echalion Shallot** | 1 | 1 | 2 |
| Garlic Clove** | 1 | 2 | 2 |
| Aubergine** | 1 | 1½ | 2 |
| North Indian Style Spice Mix | 1 sachet | 1 sachet | 2 sachets |
| Basmati Rice | 150g | 225g | 300g |
| Korma Style Paste 9) | 50g | 100g | 100g |
| Tomato Passata | 1 carton | 1½ cartons | 2 cartons |
| Red Split Lentils | 100g | 150g | 200g |
| Vegetable Stock Paste 10) | 10g | 15g | 20g |
| Baby Spinach** | 40g | 75g | 100g |
| Paneer** 7) | 226g | 452g | 452g |
| Pantry | 2P | 3P | 4P |
| Water for the Rice* | 300ml | 450ml | 600ml |
| Sugar* | 1 tsp | 1½ tsp | 2 tsp |
| Water for the Dal* | 350ml | 525ml | 700ml |

*Not Included **Store in the Fridge

Nutrition

| Typical Values | Per serving | Per 100g | Custom Recipe | |
|-------------------------|-------------|----------|---------------|----------|
| | | | Per serving | Per 100g |
| for uncooked ingredient | 427g | 100g | 540g | 100g |
| Energy (kJ/kcal) | 2578 /616 | 603 /144 | 4218/1008 | 781 /187 |
| Fat (g) | 7.8 | 1.8 | 39.1 | 7.2 |
| Sat. Fat (g) | 1.3 | 0.3 | 20.9 | 3.9 |
| Carbohydrate (g) | 116.7 | 27.3 | 121.3 | 22.5 |
| Sugars (g) | 15.9 | 3.7 | 20.3 | 3.8 |
| Protein (g) | 23.6 | 5.5 | 47.2 | 8.7 |
| Salt (g) | 2.99 | 0.70 | 3.56 | 0.66 |

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

Allergens

7) Milk 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.

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1



Get Prepped

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

Halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a garlic press).

Trim the **aubergine**, then cut into roughly 3cm pieces and add to a large baking tray.

Pop the **aubergine** onto a large baking tray. Drizzle with **oil** and season with **salt, pepper** and **half** the **North Indian style spice mix**. Toss to coat, then arrange in a single layer.

When the oven is hot, roast on the top shelf until golden brown and soft, 20-25 mins. Turn halfway through.

4



Bring on the Dal

Add the **korma style paste**, **garlic** and remaining **North Indian style spice mix** to the **shallot** and cook, stirring frequently, for 1 min.

Stir in the **passata**, **lentils**, **veg stock paste**, **sugar** and **water for the dal** (see pantry for both amounts). Combine and bring to a boil.

CUSTOM RECIPE

Add the **fried paneer** back into the pan alongside the **korma style paste**, **garlic** and **spice mix**.

2



Fry the Shallot

Meanwhile, heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the **shallot** and cook, stirring frequently, until tender, 3-4 mins.

CUSTOM RECIPE

If you've chosen to add **paneer** to your meal, cut it into 2cm cubes before heating the saucepan with a drizzle of **oil**. Once hot, fry until it's golden all over, 5-8 mins. Turn regularly. Once golden, transfer to a plate lined with kitchen paper, then continue with frying the **shallot** as instructed.

5



Add the Spinach

Once boiling, lower the heat to medium and cook until the **lentils** are soft, 20-25 mins. Stir regularly to make sure they don't stick to the bottom of the pan and add a splash of **water** if it gets too thick.

Once the **lentils** are cooked, stir in the **spinach** a handful at a time until wilted and piping hot, 2-3 mins. Stir through the **roasted aubergine** and cook until everything's piping hot.

Taste and season with **salt** and **pepper** if needed. Add a splash more **water** if it's a little thick.

3



Cook the Rice

While the **shallot** cooks, pour the **water for the rice** (see pantry for amount) into another medium saucepan with a tight-fitting lid.

Stir in the **rice** and **¼ tsp salt** and bring to the boil. Once boiling, turn the heat down to medium and cover with the lid.

Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).

6



Serve

When everything's ready, fluff up the **rice** with a fork and spoon into your bowls.

Top with the **aubergine dal** and tuck in.

Enjoy!