



# Red Lentil and Spinach Dal with Roasted Aubergine

Calorie Smart 35 Minutes • Under 600 Calories • Medium Spice • 2 of your 5 a day

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Basmati Rice



Aubergine



North Indian Style  
Curry Powder



Baby Spinach



Echalion Shallot



Garlic



Korma Curry  
Paste



Tomato Passata



Red Split  
Lentils



Vegetable Stock

## Before you start

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

## Cooking tools, you will need:

Measuring Jug, Saucepan, Cutting Board, Knife, Baking Tray and Garlic Press.

## Ingredients

	2P	3P	4P
Water for the Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Aubergine**	1	1½	2
North Indian Style Curry Powder	1 pot	¾ pot	1 pot
Echalion Shallot**	1	1	2
Garlic**	1 clove	2 cloves	2 cloves
Korma Curry Paste 9)	1 sachet	2 sachets	2 sachets
Tomato Passata	1 carton	1½ carton	2 cartons
Red Split Lentils	100g	150g	200g
Water for the Lentils*	350ml	525ml	700ml
Vegetable Stock 10)	1 sachet	2 sachets	2 sachets
Baby Spinach**	40g	75g	100g

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

## Nutrition

	Per serving	Per 100g
for uncooked ingredient	445g	100g
Energy (kJ/kcal)	2483 /593	558 /133
Fat (g)	8	2
Sat. Fat (g)	1	1
Carbohydrate (g)	105	24
Sugars (g)	14	3
Protein (g)	23	5
Salt (g)	2.67	0.60

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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## Cook the Rice

Preheat your oven to 200°C. Pour the **water** for the **rice** (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. 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).



## Roast the Aubergine

Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways into roughly 3cm pieces. Pop the **aubergine** pieces onto a large baking tray. Drizzle with **oil** and season with **salt**, **pepper** and the **north Indian style curry powder**. Toss to coat, then arrange in a single layer. Roast the **aubergine** until golden brown and soft, 20-25, mins turning halfway through.



## Finish the Prep

Meanwhile, halve, peel and chop the **shallot** into small pieces. Peel and grate the **garlic** (or use a **garlic press**). Heat a drizzle of **oil** in a medium saucepan on a medium heat. When hot, add the **shallot** and cook, stirring frequently, until tender, 3-4 mins.



## Finish the Dal

Add the **korma paste** and **garlic**, cook stirring frequently for 1 minute. Add the **passata**, **lentils**, **water** (see ingredients for amount) and **vegetable stock powder**. Stir well and bring to a boil. Once boiling, lower the heat to medium and cook until the **lentils** are soft, 20-25 mins. **TIP: Stir regularly to make sure it doesn't stick to the bottom of the pan and add a splash of water if it's starting to get too thick.**



## Add the Spinach

Once the **lentils** are cooked, add the **spinach** a handful at a time, stirring until wilted, 2-3 mins. Stir through the **roasted aubergine** and cook until everything is piping hot. Taste and season with **salt** and **pepper** if necessary.



## Serve

Once everything is ready, divide the **rice** between your plates. Top with the **aubergine dal** and tuck in.

## 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.