



# Sri Lankan Style Lentil Sambar Curry

with Roasted Aubergine, Zesty Rice and Peanuts

40

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



Aubergine



Sri Lankan Style Curry Powder



Red Onion



Garlic Clove



Lime



Salted Peanuts



Tomato Puree



Red Split Lentils



Coconut Milk



Vegetable Stock Paste



Basmati Rice



Baby Spinach

**Pantry Items**  
Oil, Salt, Pepper

## Before you start

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

## Cooking tools

Baking tray, garlic press, fine grater, rolling pin, saucepan and lid.

## Ingredients

Ingredients	2P	3P	4P
Aubergine**	1	2	2
Sri Lankan Style Curry Powder	2 pots	2 pots	4 pots
Red Onion**	1	1	2
Garlic Clove**	2	3	4
Lime**	½	1	1
Salted Peanuts <b>1)</b>	25g	40g	40g
Tomato Puree	30g	45g	60g
Red Split Lentils	100g	150g	200g
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Paste <b>10)</b>	10g	15g	20g
Basmati Rice	150g	225g	300g
Baby Spinach**	100g	150g	200g

Pantry	2P	3P	4P
Water for the Curry*	250ml	375ml	500ml
Water for the Rice*	300ml	450ml	600ml

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

## Nutrition

Typical Values for uncooked ingredient	Per serving	Per 100g
Energy (kJ/kcal)	3284 /785	539 /153
Fat (g)	26.1	5.1
Sat. Fat (g)	17.7	3.4
Carbohydrate (g)	115.0	22.4
Sugars (g)	14.9	2.9
Protein (g)	27.8	5.4
Salt (g)	1.43	0.28

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

## Allergens

**1)** Peanut **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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## Roast the Aubergine

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

Trim the **aubergine**, then halve lengthways.  
Cut each half into four long strips, then halve widthways.

Pop the **aubergine** onto a large baking tray.  
Drizzle with **oil**, season with **salt** and **pepper**, then sprinkle over **half** the **Sri Lankan style curry powder**. Toss to coat, then spread out in a single layer.

When the oven is hot, roast on the top shelf until soft and golden, 25-30 mins. Turn halfway through.



## Cook the Rice

While the **curry** cooks, pour the **water for the rice** (see pantry for amount) and **¼ tsp salt** into a medium saucepan.

Stir in the **rice** 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).



## Prep Time

Meanwhile, halve, peel and thinly slice the **red onion**.

Peel and grate the **garlic** (or use a garlic press). Zest the **lime** and cut into wedges.

Crush the **peanuts** in the unopened sachet using a rolling pin.



## Add the Spinach

Once the **lentils** are soft, add the **spinach** to the **curry** a handful at a time until wilted and piping hot, 2-3 mins.

Add a splash of **water** if it's a little thick, then season to taste with **salt** and **pepper** and a good squeeze of **lime juice**.



## Curry Up

Heat a drizzle of **oil** in a medium saucepan on medium-high heat. Once hot, add the **onion** and stir-fry until softened, 4-5 mins.

Stir in the **tomato puree**, **garlic**, **lentils** and remaining **Sri Lankan style curry powder**. Cook for 1 min more, then stir in the **coconut milk**, **veg stock paste** and **water for the curry** (see pantry for amount).

Bring to the boil, then lower the heat, cover and simmer gently until the **lentils** are cooked, 20-25 mins. Stir frequently to ensure they don't stick.



## Finish and Serve

Fluff up the **rice** with a fork, stir through the **lime zest**, then share between your bowls.

Spoon over the **lentil sambar curry** and top with the **roasted aubergine**.

Scatter with the **peanuts** and serve with a **lime wedge** alongside for squeezing over.

## Enjoy!