



WARMING CAULIFLOWER DAL

with Lentils and Greek Yoghurt



HELLO CAULIFLOWER

Don't throw away your cauliflower leaves! They are edible and brilliant to add to vegetable stocks and soups.



Onion



Garlic Clove



Cauliflower



Coriander



Green Beans



Curry Powder



Tomato Purée



Diced Tomatoes



Red Split Lentils



Water



Vegetable Stock Pot



Greek Yoghurt

40 mins

One Pot Wonder

5 of your 5 a day

Veggie

Every week we sit down and go through all your recipe scores and comments and they make a huge difference to the way our menu planning whiz, Ellie, plans your future dinners. The humble dal is a great example. Of all the Indian recipes we've created, this one stands out from the crowd both in taste and pure, body-nourishing warmth.

BEFORE YOU START

Our fruit and veggies need a **little wash** before you use them! Make sure you've got a **Fine Grater** (or **Garlic Press**), **Large Saucepan** (with a **Lid**) and a **Measuring Jug**. Now, let's get cooking!



1 PREP THE VEGGIES

Halve, peel and finely chop the **onion**. Peel and grate the **garlic** (or use a garlic press). Cut the **cauliflower** into bite-sized florets. Roughly chop the **coriander** (stalks and all). Trim the tops from the **green beans** and chop them into thirds.



2 FRY THE ONION

Heat a splash of **oil** in a large saucepan on medium-low heat. Add the **onion** and slowly cook for 5 mins, then add the **garlic** and cook for one minute more. Season with a pinch of **salt** and a few grinds of **black pepper**.
★ **TIP:** If the onion starts to brown turn the heat down a bit. Once the **onion** is soft, add the **curry powder** and mix with a wooden spoon.



3 SIMMER THE LENTILS

Stir in the **tomato purée** and then add the **diced tomatoes**. Season with another pinch of **salt** and a sprinkling of **sugar** (if you have some). Add the **red lentils**, the **water** (amount specified in the ingredient list) and the **vegetable stock pot**. Stir to dissolve the **stock pot**. Bring to a gentle simmer, put a lid on and leave for 5 mins.



4 COOK THE CAULIFLOWER

Remove the lid and add the **cauliflower**. Cook until tender, 12-15 mins.



5 ADD THE GREEN BEANS

When the **cauliflower** is halfway through cooking add the **green beans** and cook for 6-7 mins. ★ **TIP:** Don't worry if the dal is drying out a little – just add a bit more water to get a looser consistency.



6 FINISH AND SERVE

Stir through **most** of the **coriander** and **some** of the **yoghurt**. ★ **TIP:** At this stage it's crucial to taste for seasoning - have a spoonful and add more salt and pepper to lift the flavours to their max! Serve the **dal** in a bowl with a dollop of **Greek yoghurt** and add the remaining **coriander** sprinkled on top. **Enjoy!**

2 PEOPLE INGREDIENTS

Onion, chopped	1
Garlic Clove, grated	1
Cauliflower, florets	½
Coriander, chopped	½ bunch
Green Beans, chopped	1 pack
Curry Powder ¹⁰	1 tbsp
Tomato Purée	1 tbsp
Diced Tomatoes	1 tin
Red Split Lentils	100g
Water*	200ml
Vegetable Stock Pot ⁹ ¹²	1
Greek Yoghurt ⁷	½ pot

*Not Included

NUTRITION	PER SERVING	PER 100G
Energy (kcal)	378	61
(kJ)	1587	258
Fat (g)	7	1
Sat. Fat (g)	3	1
Carbohydrate (g)	56	9
Sugars (g)	23	4
Protein (g)	25	4
Salt (g)	4.91	0.80

ALLERGENS

⁷Milk ⁹Celery ¹⁰Mustard ¹²Sulphites

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser (Tara Gum), **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

THUMBS UP OR THUMBS DOWN?

Either way we want to know what you think! Feedback is what makes us tick, so head online or use our app to rate this recipe. You can even give us a call and chat to us directly on 0207 138 9055, or shoot an email to hello@hellofresh.co.uk and we'll get back to you.

You made this, now show it off! Share your creations with us:

