



Roasted Cauliflower

with Dal and Greek Yoghurt

N° 8

BALANCED 40 Minutes • Under 600 Calories • Very Hot • 2 of your 5 a day • Veggie



Cauliflower



Turmeric



Nigella Seeds



Red Onion



Coriander



Green Beans



Easy Garlic



Goan Xacuti Curry Powder



Finely Chopped Tomatoes



Vegetable Stock Powder



Red Split Lentils



Flaked Almonds



Greek Yoghurt

Before you start

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

Basic cooking tools you will need:

Mixing Bowl, Large Saucepan, Measuring Jug and Frying Pan.

Ingredients

	2P	3P	4P
Cauliflower**	½	1	1
Turmeric	1 pot	1 pot	2 pots
Nigella Seeds	1 small pot	¾ large pot	1 large pot
Red Onion	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Green Beans**	1 small punnet	1 large punnet	2 small punnets
Easy Garlic**	½ sachet	1 sachet	1 sachet
Goan Xacuti Curry Powder	1 small pot	¾ large pot	1 large pot
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Vegetable Stock Powder 10	1 sachet	1½ sachets	2 sachets
Red Split Lentils	100g	150g	200g
Water for the Dal*	250ml	375ml	500ml
Flaked Almonds 2	1 small pot	1 large pot	1 large pot
Greek Yoghurt 7 **	100g	150g	200g

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	605g	100g
Energy (kJ/kcal)	1845 /441	305 /73
Fat (g)	12	2
Sat. Fat (g)	4	1
Carbohydrate (g)	58	10
Sugars (g)	21	3
Protein (g)	24	4
Salt (g)	1.63	0.27

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

2) Nut **7**) Milk **10**) Celery

Wash your hands before and after handling ingredients.
Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Contact

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1. Roast the Cauli

Preheat your oven to 200°C. Chop the **cauliflower** into florets (like small trees!), pop the **florets** in a bowl and season with **salt** and **pepper**. Drizzle with **oil**, then sprinkle on the **turmeric** and **half** the **nigella seeds**. Toss to distribute all the flavours evenly. Roast on a baking tray until soft and golden, 20-25 mins. Turn halfway through cooking.



4. Toast the Almonds

While the dal is bubbling away, heat a frying pan over medium heat (no oil!). Add the **flaked almonds** and remaining **nigella seeds**. Cook until the **almonds** are golden, 4-5 mins. Stir frequently and watch them like a hawk, they burn easily! When done, keep to one side.



2. Start the Dal

Meanwhile, halve, peel and thinly slice the **red onion**. Roughly chop the **coriander** (stalks and all). Trim the **green beans** and chop them into thirds. Heat a splash of **oil** in a large saucepan on medium heat. Add the **onion** and cook until soft, 5-6 mins, stirring occasionally. Add the **easy garlic** and **Goan Xacuti curry powder**. Cook for 1 minute more.



5. Add the Green Beans

Once the **lentil mix** has been cooking for 10 mins, remove the lid and stir in the **green beans**. Cook uncovered until the beans are tender and the lentils cooked, 10-12 mins. **TIP: Don't worry if the dal is drying out a little – just add a bit more water to get a looser consistency.**



3. Simmer the Lentils

Stir in the **chopped tomatoes** and the **stock powder**. Add the **red lentils** and **water** (see ingredients for amount). Stir to dissolve the **stock powder**. Bring to a gentle simmer, cover with a lid (or some foil) and leave to cook for 10 mins. Stir occasionally to make sure the **lentils** aren't catching.



6. Finish and Serve

When the **beans** are cooked and the **lentils** are mushy, remove from the heat. Stir through **half** of the **coriander** and season with **salt** and **pepper** to taste. Serve the **dal** in bowls, topped with the **cauliflower florets**. Top with dollops of **greek yoghurt** and finish with a sprinkle of **almonds, nigella seeds** and **coriander**.

Enjoy!

BALANCED RECIPE

Under 600 Calories • Low Sat Fat • Low Salt • Low Sugar • High Protein

Featured Ingredient: Cauliflower is high in vitamin K which is a fat soluble vitamin, essential for bone health.