



Cooking Made Easy



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Almond and Lentil Curry with Homemade Coriander Roti

It's important to get a good dose of protein, ideally every meal of the day, as it's our primary source of long-lasting energy to combat the rigours of work, family and life generally. In addition, it speeds up the metabolism and helps burn fat, which is always a welcomed side effect! This simple recipe for lentil curry includes ground almond as well so you get a double hit of energy packed nutrition. Reports are unconfirmed, but we suspect that a number of superheroes may have ordered Hello Fresh this week.



Ingredients

	2P	4P
onion, diced (cup)	1	2
curry powder (tbsp)	2	4
organic lentils (tin)	2	4
vegetable stock pot 3	½	1
tomato puree (tbsp)	1	2
ground almond (cup) 4	½	1
red pepper, sliced	½	1
yellow pepper, sliced	½	1
plain yoghurt (pot) 2	½	1
green beans (handful)	1	2
wholemeal flour (g) 1	100	200
ghee (tsp)	2	4
fresh coriander (bunch)	small	small

⊕ May feature in another recipe

* Good to have at home

Allergens

1) Gluten | 2) Milk |
3) Celery | 4) Nuts

Nutrition per serving

Calories: 663kcal,
Protein: 36g, Carbs: 87g,
Fat: 19g, Saturated Fat: 3g

Measuretool

0 cm 1 cm 2 cm
| | |



1 Peel and finely dice the onion. Cut the core out of each pepper then slice them lengthways into thin slices. Now dice the pepper slices finely, coarsely chop the coriander and cut the green beans in half.



2. For the roti, place the flour in a bowl with ¾ of the coriander. Make a well in the centre and put in the ghee (reserving a little to brush on later). Add 3-4 tbsps of warm water & gradually form into a soft dough. Knead lightly then leave to rest in a warm place.

3 Heat 1 tbsp of oil in a pan on medium heat. Cook the chopped onion & ¾ of the peppers with ½ a tsp of salt. After 5 mins, add the 2 tbsps of curry powder.

Tip If you like your food less spicy, add less curry powder & adjust at the end.



4 Drain and rinse the lentils thoroughly. Add drained lentils, ½ the stock pot and 150ml of water. Add in the green beans & simmer for a further 5 mins with a lid on.

5 Add the tomato puree.

6 Stir in the ground almond and take the pan off heat.



7 To make your roti, heat a large frying pan over a high heat. Form the dough into 4 small balls and press them into thin, flat pancakes using your hands. Place directly on a very lightly oiled pan and cook on high heat until the bread begins to puff up and become lightly coloured.

8 Top the curry with the remaining raw pepper and a dollop of plain yoghurt. Serve your roti on the side and brush them with any remaining ghee. Garnish with a sprinkle of coriander.