



Creamy Spiced Lentil Curry

with Roasted Cauliflower, Sweet Potato and Spinach

Calorie Smart 20 Minutes • Under 600 Calories • Medium Spice • 3.5 of your 5 a day

17



Cauliflower Florets



Diced Sweet Potato



Ground Cumin



Echalion Shallot



Garlic Clove



Coriander



Lime



Lentils



Zanzibar Curry Spice Mix



Coconut Milk



Vegetable Stock Powder



Baby Spinach

Before you start

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

Cooking tools, you will need:

Two Baking Trays, Fine Grater (or Garlic Press), Sieve, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Sweet Potato**	200g	300g	400g
Ground Cumin	1 small pot	1 large pot	2 small pots
Echalion Shallot	1	1	2
Garlic Clove**	1 clove	2 clove	2 clove
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Lentils	1 carton	1½ cartons	2 cartons
Zanzibar Curry Spice Mix 9)	1 small pot	¾ large pot	1 large pot
Coconut Milk	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for the Curry*	50ml	75ml	100ml
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	585g	100g
Energy (kJ/kcal)	1989 /475	340 /81
Fat (g)	22	4
Sat. Fat (g)	16	3
Carbohydrate (g)	53	9
Sugars (g)	8	1
Protein (g)	15	3
Salt (g)	1.22	0.21

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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Packed in the UK

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Get Started

- Preheat your oven to 210°C.
- Pop the **cauliflower florets** and **diced sweet potato** on two separate baking trays.
- Sprinkle the **ground cumin** over both of them. Drizzle with **oil** and season with **salt** and **pepper**. Toss to coat.
- Roast in your oven until browned and tender, about 18 mins.



Simmer

- Add the **coconut milk**, **stock powder** and **water** (see ingredients for amount), mix well then add the **lentils**.
- Season with **salt** and **pepper**, then bring to a simmer and cook for 4-5 mins, stirring occasionally.



Get Prepped

- Halve, peel and thinly slice the **shallot**.
- Peel and grate the **garlic** (or use a garlic press).
- Roughly chop the **coriander** (stalks and all).
- Halve the **lime**.
- Drain and rinse the **lentils** in a sieve.



Finish Up

- Add the **spinach** to the **lentils** and handful at a time and stir until it has all wilted and is piping hot, 2-3 mins.
- Once the **cauliflower** and **sweet potato** are cooked, add to the **lentils** and stir through with **half the coriander** and a squeeze of **lime juice**.
- Taste and add more **salt** and **pepper** if you like.
- Cut any remaining **lime** into **wedges**.



Start the Lentils

- Heat a drizzle of **oil** in a large saucepan over medium-high heat.
- Once hot, add the **shallot** and cook, stirring, until softened, 2-3 mins.
- Add the **garlic** and **Zanzibar curry spice mix** and cook, stirring, for 1 minute.



Serve

- Divide the **curry** between bowls, top with the remaining **coriander** and serve with any remaining **lime wedges**.

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.