



# Creamy Spiced Lentil Curry

with Roasted Cauliflower, Butternut Squash and Spinach

18

Rapid 20 Minutes • Mild Spice • 3 of your 5 a day • Veggie



-  Cauliflower Florets
-  Diced Butternut Squash
-  Ground Cumin
-  Red Onion
-  Garlic Clove
-  Coriander
-  Lime
-  Brown Lentils
-  Zanzibar Style Curry Powder
-  Coconut Milk
-  Vegetable Stock Paste
-  Baby Spinach

## Before you start

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

## Cooking tools

Baking tray, garlic press, sieve and saucepan.

## Ingredients

	2P	3P	4P
Cauliflower Florets**	300g	450g	600g
Diced Butternut Squash**	300g	450g	600g
Ground Cumin	1 sachet	1 sachet	2 sachets
Red Onion**	1	1	2
Garlic Clove**	1	2	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Brown Lentils	1 carton	1½ cartons	2 cartons
Zanzibar Style Curry Powder 9)	1 sachet	1 sachet	2 sachets
Coconut Milk	200ml	400ml	400ml
Vegetable Stock Paste 10)	10g	15g	20g
Water for Curry*	50ml	75ml	100ml
Baby Spinach**	100g	100g	200g

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

## Nutrition

	Per serving	Per 100g
<b>for uncooked ingredient</b>	<b>710g</b>	<b>100g</b>
Energy (kJ/kcal)	1948 /466	274 /66
Fat (g)	21	3
Sat. Fat (g)	17	2
Carbohydrate (g)	48	7
Sugars (g)	15	2
Protein (g)	18	2
Salt (g)	1.49	0.21

Nutrition for uncooked ingredients based on 2 person recipe.

## Allergens

9) Mustard 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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## Get Roasting

- Preheat your oven to 210°C.
- Pop the **cauliflower florets** and **butternut squash** 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 the Lentils

- Add the **coconut milk**, **veg stock paste** and **water for the curry** (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.



## Prep Time

- While the **veg** roasts, halve, peel and chop the **red onion** into small pieces. 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.



## Add the Veg

- Add the **spinach** to the **lentils** a handful at a time and stir until wilted and 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**.
- Add a splash of **water** if the **curry** is a bit too thick. Taste and season if needed.
- Cut any remaining **lime** into **wedges**.



## Start the Curry

- Heat a drizzle of **oil** in a large saucepan on medium-high heat.
- Once hot, add the **onion** and cook, stirring, until softened, 2-3 mins.
- Add the **garlic** and **Zanzibar style curry powder** and cook, stirring, 1 min.



## Serve

- Divide the **creamy lentil curry** between bowls.
- Top with the remaining **coriander** and serve with the **lime wedges** for squeezing over.

## Enjoy!