



# Lentil Panang Curry

with Roasted Cauliflower, Green Beans and Brown Rice



## HELLO

*Cauliflowers don't just come in pearly white. You can also find green, orange and even purple ones!*



Vert Lentils



Onion



Ginger



Garlic Clove



Green Beans



Cauliflower



Coriander



Brown Rice



Turmeric



Panang Curry Paste



Coconut Milk



Vegetable Stock Pot



Water

MEAL BAG

40 mins

Vegan

4 of your 5 a day

Medium Heat

We're always looking for ways to improve our recipes and when it came to this colourful curry, we felt it needed a little something extra to give it that va va voom. Enter, turmeric roasted cauliflower! Packed with antioxidants, and vibrant in colour, turmeric adds a delicious depth of flavour to cauliflower, making it the perfect plus one for this curry. Let's get cooking!

## BEFORE YOU START

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



### 1 PREP THE VEGGIES

Preheat your oven to 200°C. Drain and thoroughly rinse the **vert lentils** in a sieve or colander. Halve, peel and chop the **onion** into ½cm pieces. Peel the **ginger** using the edge of a spoon and grate it. Peel and grate the **garlic** (or use a garlic press). Remove the stalky tops from the **green beans**, then chop them into three pieces. Cut the **cauliflower** into florets (little trees) and finely chop the **coriander** (stalks and all).



### 2 BOIL THE RICE

Bring a large saucepan of water to the boil on high heat and add a pinch of **salt**. Pop the **brown rice** in your pan of boiling water, turn down the heat to medium and simmer, 25 mins. Drain the **rice** in your sieve and return to the pan. Cover with a lid to keep warm and leave off the heat until everything is ready.

★ **TIP:** *Top up the water during cooking if you need to.*



### 3 ROAST THE CAULI

Pop the **cauliflower** on a baking tray and drizzle over some **oil**. Sprinkle over the **turmeric**, a pinch of **salt** and a grind of **black pepper**. Combine together with your hands to ensure the **cauliflower** is evenly coated in the **spice** and **oil**. Roast on the top shelf of your oven until crispy and golden, 15-20 mins.



### 4 START THE CURRY

Meanwhile, heat a splash of **oil** in a frying pan on medium heat. Add the **onion** with a pinch of **salt** and a grind of **black pepper**. Stir together and cook until soft, 5 mins. Add the **ginger**, **garlic** and **panang curry paste**. Stir together and cook for 1 minute before adding the **coconut milk**. Add the **vegetable stock pot** with the **water** (amount specified in the ingredient list). Stir to dissolve the **stock pot**.



### 5 SIMMER THE CURRY

Simmer your **curry** until reduced slightly, 5-7 mins. Then add the **green beans**. Stir together, cover with a lid or some foil and let the **curry** gently bubble away until the **beans** are cooked, 5-7 mins.



### 6 FINISH AND SERVE

Once the curry is cooked, stir in **half the coriander** and the **lentils** and bring back to the boil. Plate up your **brown rice** and serve the **lentil curry** on top with the **roasted cauliflower** on the side. Sprinkle over the remaining **coriander**. **Enjoy!**

## 2 PEOPLE INGREDIENTS

Vert Lentils	1 tin
Onion, chopped	1
Ginger, grated	1 knob
Garlic Clove, grated	1
Green Beans, chopped	1 pack
Cauliflower, florets	1
Coriander, chopped	1 bunch
Brown Rice	150g
Turmeric	¾ tsp
Panang Curry Paste	1 tbsp
Coconut Milk	200ml
Vegetable Stock Pot 9) 12)	½
Water*	50ml

\*Not Included

NUTRITION PER	PER SERVING	PER 100G
Energy (kcal)	808	95
(kJ)	3393	399
Fat (g)	25	3
Sat. Fat (g)	17	2
Carbohydrate (g)	113	13
Sugars (g)	23	3
Protein (g)	33	4
Salt (g)	4.89	0.57

### ALLERGENS

9)Celery 12)Sulphites

**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](mailto:hello@hellofresh.co.uk) and we'll get back to you.

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