



MUSHROOM DHANSAK

with Brown Rice and Chilli Yoghurt



BALANCED RECIPE



HELLO BROWN RICE

Compared to white rice, brown rice is less processed, as the germ and the bran is still attached to the grain. Brown rice is high in magnesium and Riboflavin.



Red Onion



Ginger



Garlic Clove



Green Chilli



Chestnut Mushrooms



Red Pepper



Green Beans



Brown Basmati Rice



Cardamom Pods



Turmeric



Ground Coriander



Red Split Lentils



Finely Chopped Tomatoes



Coriander



Natural Yoghurt



Ground Cumin

MEAL BAG

35 mins

3 of your 5 a day

Medium heat

Balanced

Under 550 calories

Low in salt

8

BEFORE YOU START

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



1 GET PREPPED

Halve, peel and chop the **red onion** into small pieces. Peel and grate the **ginger** and **garlic** (or use a garlic press). Halve the **chilli** lengthways, deseed then finely chop. Thinly slice the **chestnut mushrooms**. Halve the **red pepper** and discard the core and seeds. Chop into small pieces. Trim the **green beans** and chop into thirds.



2 COOK THE RICE

Bring a large saucepan of water to the boil with a pinch of salt for your rice. When boiling, stir in the **brown rice** and **cardamom pods** and cook for 25 mins. **★ TIP:** Add more water if it starts to evaporate too much. When cooked, drain the **rice** thoroughly in a sieve and return to the saucepan, off the heat.



3 FRY THE VEGGIES

Heat a drizzle of **oil** in a large frying pan on high heat. When hot, add the **mushrooms** and stir-fry until golden, 2-3 mins. Transfer to a bowl and set aside. Return the pan to medium heat (add a drizzle of **oil** if it's dry). Add the **onion** and **pepper** and cook, stirring, until soft, 2-3 mins. Stir in the **ginger, garlic**, a pinch of **chilli** (careful - you can add more later!), the **ground turmeric, ground cumin** and **ground coriander**.



4 SIMMER THE CURRY

Cook for another minute then stir in the **red split lentils** (see ingredients for amount), **finely chopped tomatoes** and **water** (see ingredients for amount). Bring to the boil, cover with a lid then reduce the heat and simmer until the **sauce** has thickened and the **lentils** are soft, stirring occasionally, 20-25 mins. Stir in the **green beans** for the final 8 mins. **★ TIP:** Add a splash of water if the **curry** looks too dry.



5 FINISH UP

Meanwhile, roughly chop the **coriander** (stalks and all). Pop the **yoghurt** in a bowl and stir through **half** the **chopped coriander** and as much or as little of the remaining **chilli** as you like.



6 SERVE

Fluff up the **rice** with a fork and remove the **cardamom pods**. Stir the **mushrooms, garam masala** and remaining **chopped coriander** through the **curry**. Season to taste with **salt** and **pepper** if needed. Serve the **rice** in bowls topped with the **curry** and a **dollop** of the **coriander chilli yoghurt**. **Enjoy!**

2-4 PEOPLE INGREDIENTS

In order of use

	2P	3P	4P
Red Onion *	1	1	2
Ginger *	1 piece	1½ pieces	2 pieces
Garlic Clove *	2	3	4
Green Chilli *	1	1½	2
Chestnut Mushrooms *	1 small punnet	1 large punnet	2 small punnets
Red Pepper *	1	1	2
Green Beans *	1 small pack	1 medium pack	1 large pack
Brown Basmati Rice	150g	225g	300g
Cardamom Pods	2	3	4
Turmeric	½ pot	¾ pot	1 pot
Ground Cumin	1 small pot	¾ large pot	1 large pot
Ground Coriander *	1 small pot	¾ large pot	1 large pot
Red Split Lentils	50g	75g	100g
Finely Chopped Tomatoes	1 carton	1½ cartons	2 cartons
Water*	250ml	375ml	500ml
Coriander *	1 bunch	1 bunch	1 bunch
Natural Yoghurt 7) *	½ pouch	¾ pouch	1 pouch
Garam Masala	1 small pot	¾ large pot	1 large pot

*Not Included * Store in the Fridge

NUTRITION FOR UNCOOKED INGREDIENT	PER SERVING: 634G	PER 100G
Energy (kJ/kcal)	2088 / 499	329 / 79
Fat (g)	4	1
Sat. Fat (g)	1	1
Carbohydrate (g)	93	15
Sugars (g)	20	3
Protein (g)	20	3
Salt (g)	0.72	0.11

Nutrition for uncooked ingredients based on 2 person recipe.

ALLERGENS

7) Milk

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

THUMBS UP OR THUMBS DOWN?

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