



Prawn and Roasted Butternut Squash Dahl with Spring Onions

Classic 40 Minutes • Medium Spice • 1.5 of your 5 a day

15



Onion



Butternut Squash



Garlic Clove



Korma Curry Paste



Coconut Milk



Vegetable Stock Powder



Red Split Lentils



Spring Onion



King Prawns



Extra King Prawns



CUSTOM RECIPE

This is a Custom Recipe. If you chose to swap, upgrade or double up on protein, then just follow the instructions on the back of this card.

Before you start

Cooking tools, you will need:

Garlic Press, Large Baking Tray, Large Frying Pan with Lid.

Ingredients

	2P	3P	4P
Onion**	1	1 ½	2
Butternut Squash**	1	1	2
Garlic Clove**	1 clove	2 clove	2 clove
Korma Curry Paste 9)	1 sachet	1½ sachet	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Dal*	250ml	375ml	500ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Red Split Lentils	100g	150g	200g
Spring Onion**	1	2	2
King Prawns 5)**	150g	250g	300g
Extra King Prawns 5)**	300g	500g	600g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	562g	100g
Energy (kJ/kcal)	2357 /563	419 /100
Fat (g)	25	4
Sat. Fat (g)	17	3
Carbohydrate (g)	60	11
Sugars (g)	19	3
Protein (g)	29	5
Salt (g)	3.22	0.57
Custom Recipe	Per serving	Per 100g
for uncooked ingredient	637g	100g
Energy (kJ/kcal)	2552 /610	401 /96
Fat (g)	25	4
Sat. Fat (g)	17	3
Carbohydrate (g)	60	9
Sugars (g)	19	3
Protein (g)	41	6
Salt (g)	4.21	0.66

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

5) Crustaceans 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.

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The Fresh Farm
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Get Prepped!

Preheat your oven to 200C. Halve, peel and thinly slice the **onion**. Trim the **butternut squash** then halve lengthways and scoop out the **seeds**. Chop it widthways into 1cm slices, then chop into 1cm chunks (no need to peel!) Peel and grate the **garlic** (or use a **garlic press**).



Roast the Butternut

Pop the **diced butternut** onto a large baking tray, drizzle with **oil** and season with **salt** and **pepper**. Toss to coat then roast until golden and cooked through, 25-30 mins. Turn halfway through cooking. **TIP:** use two baking trays if you need to. Once cooked, remove from your oven.



Start the Dahl

Meanwhile, heat a drizzle of **oil** in a large frying pan over medium high heat. Add the **onion** and cook, stirring frequently, until soft and golden, 7-8 mins.



Simmer the Dahl

Add the **korma paste** and **garlic** to the pan with the **onions** and cook, stirring, for 1 minute. Add the **coconut milk, water** (see ingredients for amounts) and **vegetable stock powder**. Add the **lentils**, stir and bring to a simmer. Reduce the heat and cover with a lid (or some foil) and cook until the **lentils** are soft, 20-25 mins. Check often to give a stir ensuring the **lentils** don't stick to the bottom of the pan.



Cook the Prawns

While the **lentils** cook, trim the **spring onion** and thinly slice. Once the **lentils** are cooked, add the **prawns** and stir them through. Cover with a lid and simmer until the **prawns** are cooked through, 3-4 mins. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.



Serve!

Add a splash of **water** to the **dahl** if you need to. Stir two thirds of the **roasted butternut** through the **dahl** then divide between bowls and top with the remaining roasted **butternut** and the **spring onion**.

Enjoy!



CUSTOM RECIPE

If you've chosen to get extra prawns, cook the recipe as instructed. **IMPORTANT:** The prawns are cooked when pink on the outside and opaque in the middle.