



Red Lentil and Sweet Potato Curry

with Spinach and Cilantro Rice

Veggie

35 Minutes



Red Lentils



Sweet Potato



Garlic



Basmati Rice



Indian Spice Mix



Roma Tomato



Ginger



Cilantro



Onion, chopped



Vegetable Broth Concentrate



Coconut Milk



Baby Spinach

HELLO LENTILS

Creamy, dreamy and full of fibre!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Bust Out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Red Lentils	113 g	226 g
Sweet Potato	340 g	680 g
Garlic	6 g	12 g
Basmati Rice	¾ cup	1 ½ cup
Indian Spice Mix	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Ginger	30 g	60 g
Cilantro	7 g	14 g
Onion, chopped	56 g	113 g
Vegetable Broth Concentrate	1	2
Coconut Milk	165 ml	400 ml
Baby Spinach	56 g	113 g
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1 Prep

Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Cut **tomatoes** into ½-inch pieces. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Using a strainer, rinse **lentils**.



2 Roast sweet potatoes

Cut **sweet potatoes** into ½-inch pieces. Toss with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until tender, 18-20 min.



3 Cook rice

While **sweet potatoes** cook, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the ginger**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



4 Cook veggies

While **rice** cooks, heat a large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **tomatoes**. Cook, stirring occasionally, until tender, 4-5 min. Add **garlic**, **remaining ginger** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1-2 min.



5 Cook lentils

Add **broth concentrate**, **coconut milk**, **lentils** and **1 ½ cups water** (dbl for 4 ppl) to the same pan. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 10-15 min.



6 Finish & serve

When **sweet potatoes** are done, stir **sweet potatoes** and **spinach** into **lentil curry**. Cook, stirring often, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**. Fluff **rice** with a fork, then stir in **half the cilantro** and season with **salt**. Divide **rice** between plates. Top with **lentil and sweet potato curry**. Sprinkle over **remaining cilantro**.

Dinner Solved!