



Turmeric Roasted Cauliflower

with Lentil and Coconut Dal

N° 8

BALANCED 35 Minutes • Under 600 Calories • 3.5 of your 5 a day • Veggie



Onion



Carrot



Garlic Clove



Ginger



Lentils



Cauliflower



Ground Turmeric



Curry Powder



Tomato Puree



Coconut Milk



Vegetable Stock Powder



Coriander



Lime



Baby Spinach

Before you start

Our fruit, veggies and herbs need a wash before you use them!

Basic cooking tools you will need:

Fine Grater (or Garlic Press), Sieve, Mixing Bowl, Saucepan and Measuring Jug.

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Garlic Clove**	1	2	2
Ginger**	1 piece	1 piece	2 pieces
Lentils	1 carton	1½ cartons	2 cartons
Cauliflower	1	1½	2
Oil for the Cauliflower*	2 tbsp	3 tbsp	4 tbsp
Ground Turmeric	1 sachet	1½ sachets	2 sachets
Curry Powder (9)	1 small pot	¾ large pot	1 large pot
Tomato Puree	1 sachet	1½ sachets	2 sachets
Coconut Milk	200ml	300ml	400ml
Water for the Curry*	200ml	300ml	400ml
Vegetable Stock Powder (10)	1 sachet	1½ sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	1	1	1
Baby Spinach**	1 small bag	¾ large bag	1 large bag

*Not Included ** Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredients	770g	100g
Energy (kJ/kcal)	2088 / 499	271 / 65
Fat (g)	30	4
Sat. Fat (g)	16	2
Carbohydrate (g)	40	5
Sugars (g)	20	3
Protein (g)	16	2
Salt (g)	1.32	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 10) Celery

Wash your hands before and after handling ingredients.

Wash fruit, vegetables and herbs; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods or wash these thoroughly in-between uses.

Boxes and ingredients are packed in facilities that handles Peanut, Nuts, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten and Sulphites.

Contact

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1. Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Trim the ends from the **carrot**, halve lengthways then cut lengthways again into 1cm wide strips. Chop into small 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Drain and rinse the **lentils** in a sieve.



2. Cauli Time

Meanwhile, separate the **cauliflower** into florets (halve the florets if they are very big). Mix the **turmeric** with the **oil** (see ingredients for amount) in a large bowl, season with **salt** and **pepper**. Add the **cauliflower** and toss to coat in the **mixture**. Tip the **cauliflower** onto a baking tray, then roast in your oven on the top shelf until golden brown, and tender 15-20 mins. Turn halfway through.



3. Start the Dal

Heat a drizzle of **oil** in a saucepan on medium-high heat. Once hot, add the **onion** and cook until slightly softened, 2-3 mins, then add the **carrot**, stir together and cook until tender, 4-5 mins more. Add the **curry powder**, **garlic**, **ginger** and **tomato puree**. Stir and cook for 2 mins, then pour in the **coconut milk** (see ingredients for amount) and the **water** (see ingredients for amount). Stir in the **vegetable stock powder** and **lentils**.



4. Chop Chop

Bring the **mixture** to a simmer and cook until the **carrot** is tender and the flavours have developed, 8-10 mins. Meanwhile, roughly chop the **coriander** (stalks and all) and halve the **lime**.



5. Finish the Curry

Once cooked, add the **spinach** in handfuls and stir to wilt, 2-3 mins. Remove from the heat, add **half** the **coriander** and a squeeze of **lime**. Taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it.



6. Serve

Spoon the **dal** into bowls and top with the golden **cauliflower**. Sprinkle over the remaining **coriander**. **Enjoy!**

BALANCED RECIPE

Under 600 Calories • Low Salt • Low Sugar

Featured Ingredient: Spinach is a good source of iron, which has lots of roles in the body. One of the main roles of iron is that it is needed for the production of red blood cells.