



WARMING CAULIFLOWER AND LENTIL DAL

with Green Beans and Toasted Naan Flatbreads



HELLO DAL

Nourishing, protein-packed lentils, simmered with spices the Indian way

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 530



Cauliflower



Garlic



Curry Powder



Petite Crimson Lentils



Green Beans



Sour Cream
(Contains: Milk)



Yellow Onion



Cilantro



Diced Tomatoes



Veggie Stock Concentrate



Naan Flatbreads
(Contains: Wheat)

START STRONG

To quickly trim the green beans, line the stem ends up in a row and cut them off with one slice.

BUST OUT

- Baking sheet
- Medium pot
- Medium bowl
- Olive oil (2 tsp | 4 tsp)

INGREDIENTS

Ingredient 2-person | 4-person

- Cauliflower 10 oz | 20 oz
- Yellow Onion 1 | 1
- Garlic 2 Cloves | 4 Cloves
- Cilantro ¼ oz | ½ oz
- Green Beans 6 oz | 12 oz
- Curry Powder 1 TBSP | 2 TBSP
- Diced Tomatoes 1 Can | 2 Cans
- Petite Crimson Lentils ½ Cup | 1 Cup
- Veggie Stock Concentrate 1 | 2
- Naan Flatbreads 2 | 4
- Sour Cream 4 TBSP | 8 TBSP

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1 PREHEAT OVEN AND ROAST CAULIFLOWER

Wash and dry all produce. Preheat oven to 400 degrees. Toss **cauliflower** on a baking sheet with a drizzle of **olive oil**. Season with **salt** and **pepper**. Roast in oven until tender and lightly browned, 20-25 minutes.



4 SIMMER LENTILS

Add **diced tomatoes**, **lentils**, ½ **cup water**, and **stock concentrate** to pot and stir. Bring to a gentle simmer, then cover and cook until **lentils** have absorbed some of the liquid, about 10 minutes. Stir in **green beans** and cook until tender, 5 minutes more. **TIP:** If mixture starts to dry out, add a few more splashes of water.



2 PREP

Peel and finely chop **onion**. Mince or grate **garlic**. Roughly chop **cilantro**. Trim any stems from **green beans**, then chop into bite-sized pieces.



5 WARM FLATBREADS

Once **cauliflower** is done roasting, set aside in a medium bowl. Place **2 naan flatbreads** (we sent more) on same baking sheet and toast in oven until warmed, 2-5 minutes.



3 COOK AROMATICS

Heat a drizzle of **olive oil** in a medium pot over medium-low heat. Add **onion** and **garlic** and cook until starting to soften, 5 minutes. Stir in **curry powder** and season with **salt** and **pepper**.



6 FINISH AND PLATE

Remove pot with **lentil mixture** from heat and stir in **cauliflower**, half the **cilantro**, and half the **sour cream**. Season with **salt** and **pepper**. Garnish with a dollop of **sour cream** and remaining **cilantro**. Serve with warm **naan flatbreads**.

LENTIL LOVE!

Make sure to use the naan to sop up that delicious dal.