



WARMING CAULIFLOWER AND LENTIL DAL

with Green Beans and Toasted Naan Bread

VEGGIE

SPICY



HELLO

DAL

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

PREP: 15 MIN | TOTAL: 35 MIN | CALORIES: 643



Cauliflower, florets



Ginger



Cilantro



Green Beans, trimmed



Roma Tomato



Onion, chopped



Tadka Masala



Red Lentils



Vegetable Broth Concentrate



Sour Cream



Naan Bread

BUST OUT

- Baking Sheet
- Measuring Cups
- Measuring Spoons
- Salt and Pepper
- Medium Pot
- Olive or Canola oil

INGREDIENTS

2-person

- Cauliflower, florets 1 pkg (285 g)
- Ginger 30 g
- Cilantro 1 pkg (10 g)
- Green Beans, trimmed 1 pkg (170 g)
- Roma Tomato 260 g
- Onion, chopped 1 pkg (56 g)
- **Tadka Masala** 🌶️ 6 1 pkg (1 tbsp)
- Red Lentils 1 pkg (170 g)
- Vegetable Broth Concentrate 1
- Sour Cream 2 1 pkg (3 tbsp)
- Naan Bread 1,2,3,4 2

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 1 Wheat/Blé
- 2 Milk/Lait
- 3 Egg/Oeuf
- 4 Soy/Soja
- 5 Tree Nut/Noix
- 6 Mustard/Moutarde
- 7 Peanut/Cacahuète
- 8 Sesame/Sésame
- 9 Sulphites/Sulfites

*Laver et sécher tous les aliments.

START STRONG

Preheat the oven to **400°F** (to roast the cauliflower). Start prepping when the oven comes up to temperature.



1 ROAST CAULIFLOWER Wash and dry all produce.* On a baking sheet, toss the **cauliflower** with a drizzle of **oil**. Season with **salt** and **pepper**. Roast in the centre of the oven, stirring halfway through cooking, until golden-brown, 28-30 min.



4 SIMMER LENTILS Add **lentils**, **2 cups water** and **broth concentrate** to the pot. Bring to a gentle boil over medium-low heat. Cook, stirring often, until the lentils are soft, 15-18 min. Add the **green beans** and **tomatoes**. Cook, stirring occasionally, until the beans are tender-crisp, 5-6 min. (**TIP:** If the mixture starts to dry out, add a few more splashes of water.)



2 PREP Meanwhile, peel, then mince or grate **1 tbsp ginger**. Cut the **green beans** into 1-inch pieces. Cut the **tomatoes** into ½-inch pieces. Roughly chop the **cilantro**.



5 WARM NAAN When the **cauliflower** is done roasting, transfer to the **lentil mixture**. Cook, stirring until warmed through, 2-3 min. Season with **salt** and **pepper**. Arrange the **naan bread** on the baking sheet and toast in the centre of the oven until warmed, 4-5 min.



3 COOK ONION Heat a medium pot over medium-low heat. Add a drizzle of **oil**, then the **onion**. Cook, stirring occasionally, until softened, 4-5 min. Add the **ginger** and **tadka masala**. Cook until fragrant, 30 sec.



6 FINISH AND SERVE Remove the **lentil dal** from the heat. Stir in **half the cilantro** and **sour cream**. Divide the dal between plates. Sprinkle with **remaining cilantro**. Serve with the **naan**.

LENTIL LOVE!

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