



hello@hellofresh.com.au

hello@hellofresh.com.au | (02) 8188 8722

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## Warming Pumpkin & Lentil Dahl with Brown Rice

What do you get when you combine pumpkin with lentils, spices and diced tomatoes in a big pot? A delicious dahl! Anything that uses one pot is magic in our books. It tastes pretty magical too, thanks to the balance of spices, sweet pumpkin and creamy yoghurt. Grab a fork and dig in, you'll love everything about it!



**Prep:** 10 mins

**Cook:** 35 mins

**Total:** 45 mins



level 1



high protein



spicy

### Pantry Items



Olive Oil



Water



Red Onion



Mild Curry Powder



Birdseye Chilli



Pumpkin



Vegetable Stock Powder



Diced Tomatoes



Red Lentils



Baby Spinach



Brown Rice



Yoghurt

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2P	4P	Ingredients
1 tbs	2 tbs	olive oil *
½	1	red onion, finely chopped
1 tbs	2 tbs	mild curry powder
1	2	birdseye chilli, deseeded & finely chopped
400 g	800 g	pumpkin, peeled & cut into 2 cm cubes
1 tsp	2 tsp	vegetable stock powder
2 cups	4 cups	hot water *
1 tin	2 tins	diced tomatoes
⅔ cup	1 ⅓ cups	red lentils, rinsed
1 bag	2 bags	baby spinach, washed
¾ cup	1 ½ cups	brown rice
3 cups	6 cups	water *
1 tub	2 tubs	yoghurt

⊕ Ingredient features in another recipe

\* Pantry Items

🍃 Pre-preparation

#### Nutrition per serve

Energy	3220	Kj
Protein	34.8	g
Fat, total	14.2	g
-saturated	3	g
Carbohydrate	119	g
-sugars	26	g
Sodium	492	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, wooden spoon, sieve, medium saucepan, and a medium pot with a lid.*

**1** Heat the **olive oil** in a medium saucepan over a medium-high heat. Then add the **red onion** and cook for **5 minutes** or until the onion is soft. Add the **mild curry powder** and **birdseye chilli** and cook for **1 minute** or until fragrant. Add the **pumpkin** and cook, stirring, for **1 minute**.



**2** Add the combined **vegetable stock powder** and **hot water**, **diced tomatoes**, and the **red lentils** to the pan. Bring to the boil. Reduce heat to medium and simmer for **30-35 minutes**, or until the lentils and pumpkin are tender. Stir intermittently to ensure the lentils do not stick to the base of the pan. Remove from the heat and stir through the **baby spinach**.



**3** Meanwhile, place the **brown rice** into a sieve and rinse it with cold tap water until the water runs clear. Place the rice and **water** in a medium pot and bring to the boil. Cover with a lid and reduce the heat to medium. Simmer, covered, for **25-30 minutes** or until the rice is soft and the water is absorbed.

**4** Divide the brown rice and dahl between bowls and serve with the **yoghurt**.



**Did you know?** This scrumdiddlyumptious recipe wasn't inspired by an imaginative Roald Dahl cookbook, but hails from Indian cuisine.