

# Veggie Loaded Lentil Curry with Garlic Yoghurt & Flaked Almonds

WINTER WARMERS

CLIMATE SUPERSTAR









Pumpkin









**Ginger Paste** 



Mild Curry



Coconut Milk

Paste



Vegetable Stock



Red Lentils



**Baby Spinach** Leaves



Flaked Almonds

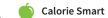


Chicken Thigh



Prep in: 20-30 mins Ready in: 45-55 mins

Eat Me First



# Before you start

Wash hands and fresh veggies. Avoid cross contamination by washing utensils after handling raw meat/poultry. Always use separate utensils for raw and cooked meat.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

#### You will need

Oven tray lined with baking paper · Large saucepan with a lid

# Ingredients

<b>-</b>		
	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 medium packet	2 medium packets
tomato	1	2
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
mild curry paste	1 medium packet	2 medium packets
coconut milk	1 medium packet	2 medium packets
vegetable stock pot	1 packet	2 packets
red lentils	1 medium packet	2 medium packets
water*	2½ cups	5 cups
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small packet	1 medium packet
flaked almonds	1 medium packet	1 large packet
*Pantry Items		

#### **Nutrition**

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2631kJ (629Cal)	<b>461kJ</b> (110Cal)
Protein (g)	25.8g	4.5g
Fat, total (g)	27.5g	4.8g
- saturated (g)	17.7g	3.1g
Carbohydrate (g)	64.8g	11.3g
- sugars (g)	27.5g	4.8g
Sodium (mg)	1847mg	323mg
Dietary Fibre (g)	20.7g	3.6g

The quantities provided above are averages only.

# Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



# Roast the veggies

- Preheat oven to 240°C/220°C fan-forced.
- Slice carrot into half-moons.
- Place carrot and peeled & chopped pumpkin on a lined oven tray. Drizzle with olive oil and season with salt and pepper.
- Roast until tender, 20-25 minutes.



# Get prepped

- Meanwhile, roughly chop tomato.
- Finely chop garlic.



# Make the garlic yoghurt

- In a large saucepan, heat a drizzle of olive oil over medium-high heat.
- Cook half the garlic, until fragrant, 1 minute.
  Transfer to a small bowl.
- Add Greek-style yoghurt and mix to combine.
  Season to taste.



# Start the soup

- Return saucepan to medium-high heat with a drizzle of olive oil.
- Cook tomato, stirring, until starting to soften,
  1-2 minutes.
- Add ginger paste, mild curry paste and remaining garlic and cook, stirring until fragrant, 1-2 minutes.



# Finish the soup

- Stir in coconut milk, vegetable stock pot, red lentils, the water and brown sugar. Bring to the boil, then reduce heat to medium.
- Cover with a lid and cook, stirring occasionally, until lentils are softened, 20-22 minutes.
- Stir in roast veggies and baby spinach leaves, until wilted and combined. Season to taste.

**TIP:** Add a splash of water to loosen the soup, if needed.



# Serve up

- Divide roast veggie curry lentil soup between bowls.
- Top with garlic yoghurt.
- Sprinkle over **flaked almonds** to serve. Enjoy!





Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Add to soup.



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If you've chosen to add, swap or upgrade, scan the QR code to see detailed cooking instructions and nutrition information.

