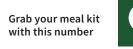


Veggie-Loaded Lentil Curry with Garlic Yoghurt & Flaked Almonds

WINTER WARMERS

AIR FRYER FRIENDLY

CLIMATE SUPERSTAR







Peeled & Chopped Pumpkin



Tomato







Ginger Paste

Yoghurt



Mild Curry



Paste



Vegetable Stock



Coconut Milk

Red Lentils



Baby Spinach



Flaked Almonds Leaves





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

Eat Me First



Calorie Smart

It's curry night tonight so we've gathered all of our fave ingredients that pack the best punch! Red lentils are the star of the show and when you pair them with curry paste and some superstar veggies, you'll want to make every night, curry night!

Pantry items

Olive Oil, Brown Sugar

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

Air fryer or oven tray lined with baking paper \cdot Large saucepan with a lid

Ingredients

	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 packet	2 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)	461kJ (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

- Set air fryer to 200°C.
- · Slice carrot into half-moons.
- In a medium bowl, combine peeled & chopped pumpkin, carrot, a drizzle of olive oil and a pinch of salt and pepper.
- Place pumpkin and carrot into the air fryer basket and cook for 10 minutes.
- Shake the basket, then cook until tender, a further 5-10 minutes.

TIP: No air fryer? Preheat oven to 240°C/220°C fan-forced. Place pumpkin and carrot 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 veggie-loaded lentil curry between bowls.
- · Top with garlic yoghurt.
- Sprinkle over **flaked almonds** to serve. Enjoy!



CUSTOM OPTIONS

ADD CHICKEN BREAST

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



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

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

