

# Cauliflower & Lentil Aloo Gobi

with Toasted Tortillas & Coriander

CLIMATE SUPERSTAR

Grab your meal kit with this number

17



Cauliflower



Potato



Carrot



Mumbai Spice Blend



Brown Onion



Garlic



Red Lentils



Chilli Flakes (Optional)



Coconut Milk



Vegetable Stock Pot



Mini Flour Tortillas



Coriander



Chicken Breast



Pork Mince

Prep in: 30-40 mins  
Ready in: 35-45 mins

When you've got potato and cauliflower... make aloo gobi! This classic Indian curry uses spices like paprika, cumin and ginger to take the veggies to next-level tastiness, and we've added lentils to make it extra-hearty too. With tortillas to mop up the sauce, this is a bowl of goodness you'll crave time and again

### Pantry items

Olive Oil, Plant-Based Butter

## 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 · Medium saucepan with a lid · Large frying pan

## Ingredients

	2 People	4 People
<b>olive oil*</b>	refer to method	refer to method
cauliflower	1 large portion	2 large portions
potato	1	2
carrot	1	2
Mumbai spice blend	1 large sachet	2 large sachets
brown onion	1	2
garlic	2 cloves	4 cloves
red lentils	1 medium packet	2 medium packets
<b>plant-based butter*</b>	20g	40g
chilli flakes (optional)	pinch	pinch
coconut milk	1 packet	2 packets
<b>water*</b>	1½ cups	3 cups
vegetable stock pot	1 packet	2 packets
mini flour tortillas	3	6
coriander	1 packet	1 packet

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3123kJ (746cal)	214kJ (51cal)
Protein (g)	28.6g	2g
Fat, total (g)	30.1g	2.1g
- saturated (g)	18.8g	1.3g
Carbohydrate (g)	84.2g	5.8g
- sugars (g)	23.5g	1.6g
Sodium (mg)	2036mg	139.4mg
Dietary Fibre (g)	23.1g	1.6g

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

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## Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**.
- Cut **cauliflower** into small florets.
- Cut **potato** into bite-sized chunks.
- Thickly slice **carrot** into half-moons.
- Place **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with half the **Mumbai spice blend** and season with **pepper**. Toss to coat.
- Roast until tender, **20-25 minutes**.

**TIP:** If your tray is getting crowded, divide the veggies between two trays.

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## Heat the tortillas

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook **mini flour tortillas** (see ingredients) in batches, until golden, **1-2 minutes** each side.
- Transfer to a paper towel-lined plate.

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## Get prepped

- Meanwhile, finely chop **brown onion** and **garlic**.
- Rinse **red lentils**.

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## Finish the aloo gobi

- When the lentils are ready, add **roasted veggies** to pan.
- Gently stir to combine, then season with **salt** and **pepper** to taste.

3



## Cook the lentils

- In a medium saucepan, heat the **plant-based butter** with a drizzle of **olive oil** over medium-high heat. Cook **onion**, stirring, until softened, **4-5 minutes**.
- Add **garlic**, remaining **Mumbai spice blend** and a pinch of **chilli flakes** (if using). Cook until fragrant, **1 minute**.
- Add **lentils**, **coconut milk**, the **water** and **vegetable stock pot**. Bring to a simmer, then reduce heat to low. Cover with a lid and simmer for **15 minutes**.
- Uncover, then continue to simmer until tender, **10 minutes**.

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## Serve up

- Roughly chop **coriander**.
- Divide cauliflower and lentil aloo gobi between bowls.
- Sprinkle with coriander and extra **chilli flakes** (if desired). Serve with toasted tortillas. Enjoy!

## We're here to help!

Scan here if you have any questions or concerns



### CUSTOM OPTIONS



#### ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Stir through lentils with veggies.



#### ADD PORK MINCE

Cook with veggies, breaking up with a spoon, until browned, 4-5 minutes.

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

