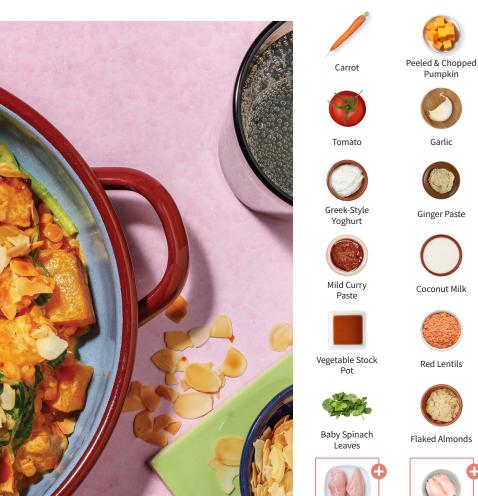


Veggie-Loaded Lentil Curry with Garlic Yoghurt & Flaked Almonds

CLIMATE SUPERSTAR **AIR FRYER FRIENDLY**









Coconut Milk

Flaked Almonds



Pantry items Olive Oil, Brown Sugar



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

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Calorie Smart

Eat Me First

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!

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 · 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
* Damtur / Itomas		

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2634kJ (629cal)	226kJ (54cal)
Protein (g)	25.8g	2.2g
Fat, total (g)	27.6g	2.4g
- saturated (g)	17.8g	1.5g
Carbohydrate (g)	64.8g	5.6g
- sugars (g)	27.5g	2.4g
Sodium (mg)	1847mg	158.5mg
Dietary Fibre (g)	20.8g	1.8g

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.



- 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.



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.



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.



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!

We're here to help! Scan here if you have any questions or concerns 2024 | CW41



ADD CHICKEN BREAST

Cut into bite-sized pieces. Cook until cooked through, 4-6 minutes. Stir into soup with veggies. **ADD CHICKEN THIGH**

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

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

