



# Veggie-Loaded Lentil Curry

with Garlic Yoghurt & Flaked Almonds

CLIMATE SUPERSTAR

AIR FRYER FRIENDLY

Grab your meal kit with this number

17



Carrot



Peeled & Chopped Pumpkin



Tomato



Garlic



Greek-Style Yoghurt



Ginger Paste



Mild Curry Paste



Coconut Milk



Vegetable Stock Pot



Red Lentils



Baby Spinach Leaves



Flaked Almonds



Chicken Breast



Chicken Thigh

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

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!

### 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 · Large saucepan with a lid

## Ingredients

	2 People	4 People
<b>olive oil*</b>	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
<b>water*</b>	2½ cups	5 cups
<b>brown sugar*</b>	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)	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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

## We're here to help!

Scan here if you have any questions or concerns



## 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.



## 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**.



## 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.



## 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.



## 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. 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.

