HELLO FRESH

Cauliflower & Lentil Aloo Gobi
with Chapati Flatbreads

Cauliflower

Potato

Carrot

Mild North Indian Spice Blend

Brown Onion

Garlic

Lemon

Red Lentils

Mumbai Spice Blend

Chilli Flakes

Coconut Milk

Vegetable Stock Pot

Chapati Wraps

Coriander

Pantry items

Olive Oil, Butter

Hands-on: 30-40 mins
Ready in: 35-45 mins

Spicy (optional chilli flakes)

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

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Before you start

Remember to wash your hands for 20 seconds before you get cooking. You'll also need to give your fruit and veggies a wash.

You will need

Oven tray lined with baking paper · Medium saucepan with lid · Medium frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
cauliflower	1 portion	2 portions
potato	1	2
carrot	1	2
mild North Indian spice blend	1 sachet	2 sachets
brown onion	1	2
garlic	2 cloves	4 cloves
lemon	½	1
red lentils	1 packet	2 packets
butter*	20g	40g
Mumbai spice blend	1 sachet	2 sachets
chilli flakes	pinch	pinch
coconut milk	1 tin (270ml)	1 tin (400ml)
water*	1 cup	3 cups
vegetable stock pot	1 tub (20g)	1 tub (40g)
chapati wraps	2	4
coriander	1 bag	1 bag

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3232kJ (772Cal)	439kJ (104Cal)
Protein (g)	25.3g	3.4g
Fat, total (g)	33.7g	4.6g
- saturated (g)	16.8g	2.3g
Carbohydrate (g)	77.9g	10.6g
- sugars (g)	20.6g	2.8g
Sodium (mg)	1235mg	168mg

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.

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1

Roast the veggies

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **potato** (unpeeled) into 2cm chunks. Slice the **carrot** (unpeeled) into 1cm half-moons. Divide the **cauliflower**, **potato**, **carrot** and **mild North Indian spice blend** between two oven trays lined with baking paper, drizzle with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**.

TIP: Cut the veggies to size so they cook in time.

2

Get prepped

While the veggies are roasting, finely chop the **brown onion**. Finely chop the **garlic**. Slice the **lemon** (see ingredients) into wedges. Rinse the **red lentils**.

3

Cook the lentils

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

4

Cook the chapati flatbreads

When the lentils have **5 minutes** of cook time remaining, heat a drizzle of **olive oil** in a medium frying pan over a medium-high heat. When the oil is hot, cook a **chapati wrap** until golden, **1-2 minutes** each side. Transfer to a plate lined with paper towel and repeat with the remaining **chapati wraps** (see ingredients).

5

Finish the aloo gobi

When the lentils are soft, stir through the **roasted veggies** and a good squeeze of **lemon juice.** Season to taste.

6

Serve up

Roughly chop the **coriander**. Divide the cauliflower and lentil aloo gobi between bowls. Top with the coriander and serve with the remaining lemon wedges. Serve the chapati flatbreads on the side.

Enjoy!