



Cauliflower & Lentil Aloo Gobi

with Tortilla Flatbreads

Grab your Meal Kit with this symbol



Cauliflower



Potato



Carrot



Mumbai Spice Blend



Brown Onion



Garlic



Red Lentils



Chilli Flakes (Optional)



Coconut Milk



Mini Flour Tortillas



Coriander



Vegetable Stock Pot

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

Plant Based

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

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 a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	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	1 large packet
plant-based butter*	20g	40g
chilli flakes (optional) 🌶️	pinch	pinch
coconut milk	1 medium tin	1 large tin
water*	1½ cups	3 cups
vegetable stock pot	1 packet (20g)	1 packet (40g)
mini flour tortillas	3	6
coriander	1 bag	1 bag

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	3104kJ (742Cal)	440kJ (105Cal)
Protein (g)	30g	4.2g
Fat, total (g)	28.2g	4g
- saturated (g)	16.1g	2.3g
Carbohydrate (g)	81g	11.5g
- sugars (g)	23.5g	3.3g
Sodium (mg)	2040mg	289mg

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.

1



Roast the veggies

- Preheat oven to **220°C/200°C fan-forced**.
- Cut **cauliflower** into small florets. Cut **potato** into bite-sized chunks. Thickly slice **carrot** into half-moons.
- Place prepped **veggies** on a lined oven tray. Drizzle with **olive oil**, sprinkle with 1/2 the **Mumbai spice blend** and season with **salt** and **pepper**. Toss to coat.
- Roast until tender, **25-30 minutes**.

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

4



Heat the tortillas

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

2



Get prepped

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

5



Finish the aloo gobi

- When the lentils are ready, top with roasted **veggies**.
- Gently stir to combine, then season 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**.

6



Serve up

- Roughly chop **coriander** leaves.
- Divide cauliflower and lentil aloo gobi between bowls.
- Sprinkle with coriander. Serve with tortilla flatbreads. Enjoy!

We're here to help!

Scan here if you have any questions or concerns

2022 | CW32



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