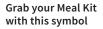


Cauliflower & Lentil Aloo Gobi

with Tortilla Flatbreads











Cauliflower

Potato





Carrot

Mumbai Spice Blend





Brown Onion

n





Red Lentils

Chilli Flakes (Optional)





Coconut Milk

Mini Flour Tortillas





Coriander

Vegetable Stock

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

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 \cdot Medium saucepan with a lid \cdot 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
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^{*}Pantry Items

Nutrition

Per Serving	Per 100g
3104kJ (742Cal)	440kJ (105Cal)
30g	4.2g
28.2g	4g
16.1g	2.3g
81g	11.5g
23.5g	3.3g
2040mg	289mg
	3104kJ (742Cal) 30g 28.2g 16.1g 81g 23.5g

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.



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.



Get prepped

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



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.



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.



Finish the aloo gobi

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



Serve up

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

