



Creamy Red Lentil Curry

with Basmati Rice & Coriander Yoghurt

Grab your Meal Kit with this symbol



Basmati Rice



Zucchini



Green Beans



Ginger



Garlic



Red Lentils



Tandoori Paste



Tomato Paste



Light Cooking Cream



Chilli Flakes (Optional)



Coriander



Greek Yoghurt



Baby Spinach Leaves

Hands-on: **30-40 mins**
Ready in: **45-55 mins**

Spicy (optional chilli flakes)

Naturally gluten-free
Not suitable for Coeliacs

This lively curry is all about balance: it's rich and creamy, yet fresh and hearty, and full of lovely veggies. Make sure you fry off the curry paste so it has time to release its aromatics, and serve it with a good dollop of the refreshing coriander yoghurt.

Pantry items

Olive Oil, Brown Sugar

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 too.

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water* (for the rice)	1½ cups	3 cups
basmati rice	1 packet	2 packets
zucchini	1	2
green beans	1 bag (100g)	1 bag (200g)
ginger	1 knob	2 knobs
garlic	2 cloves	4 cloves
red lentils	1 packet	2 packets
tandoori paste	1 tub (50g)	2 tubs (100g)
tomato paste	1 sachet	2 sachets
light cooking cream	1 packet (150ml)	2 packets (300ml)
water* (for the curry)	2 cups	4 cups
brown sugar*	2 tsp	1 tbs
salt*	½ tsp	1 tsp
chilli flakes (optional)	pinch	pinch
coriander	1 bag	1 bag
Greek yoghurt	1 packet (100g)	2 packets (200g)
baby spinach leaves	1 bag (60g)	1 bag (120g)

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3310kJ (791Cal)	668kJ (160Cal)
Protein (g)	30.3g	6.1g
Fat, total (g)	24.3g	4.9g
- saturated (g)	12.6g	2.5g
Carbohydrate (g)	111g	22.4g
- sugars (g)	15.4g	3.1g
Sodium (g)	715mg	144mg

Allergens

Please visit [HelloFresh.com.au/foodinfo](https://www.hellofresh.com.au/foodinfo) for allergen information. If you have received a substitute ingredient, please be aware allergens may have changed. Always read product labels for the most up-to-date allergen information.



1. Cook the rice

In a medium saucepan, bring the **water (for the rice)** to the boil. Add the **basmati rice**, stir, cover with a lid and reduce the heat to low. Cook for **10 minutes**, then remove the pan from the heat and keep covered until the rice is tender and the water is absorbed, **10 minutes**.

TIP: *The rice will finish cooking in its own steam so don't peek!*



4. Make the coriander yoghurt

Add the **zucchini** and **green beans** to the curry in the frying pan and simmer, uncovered, until tender, **5-6 minutes**. While the curry is simmering, roughly chop the **coriander** (reserve some leaves for garnish!). In a small bowl, combine the **coriander** with the **Greek yoghurt** and a **pinch** of **salt** and **pepper**. Set aside.



2. Get prepped

While the rice is cooking, thinly slice the **zucchini** into half-moons. Trim the **green beans** and cut into 2cm pieces. Finely grate the **ginger**. Finely grate the **garlic** (or use a garlic press). Rinse the **red lentils**.



5. Add the baby spinach

Add the **baby spinach leaves** to the curry and stir until wilted, **2 minutes**. Season to taste with **salt** and **pepper**.



3. Start the curry

In a large frying pan, heat a **drizzle** of **olive oil** over a medium-high heat. Add the **ginger** and **garlic** and cook until fragrant, **1 minute**. Add the **tandoori paste** and **tomato paste** and cook, stirring, until fragrant, **1 minute**. Add the **red lentils**, **light cooking cream**, **water (for the curry)**, **brown sugar**, the **salt** and a **pinch** of **chilli flakes** (if using) and stir to combine. Cover with a lid, reduce the heat to medium and simmer, stirring occasionally, until the lentils have softened, **15-20 minutes**.



6. Serve up

Divide the basmati rice between bowls and top with the creamy red lentil curry. Top with a dollop of coriander yoghurt and garnish with the reserved coriander and a pinch of chilli flakes (if using).

Enjoy!