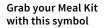


Creamy Red Lentil & Coconut Curry with Garlic Rice & Coriander Yoghurt

















Zucchini









Ginger

Red Lentils







Tandoori Paste

Tomato Paste





Coconut Milk

Chilli Flakes (Optional)







Greek Yoghurt

Baby Spinach

Coriander

Pantry items

Olive Oil, Butter, Brown Sugar

chilli flakes)

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

Medium saucepan with lid · Large frying pan

Ingredients

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	2 People	4 People	
olive oil*	refer to method	refer to method	
garlic	4 cloves	8 cloves	
butter*	20g	40g	
water* (for the rice)	1½ cups	3 cups	
basmati rice	1 packet	2 packets	
salt* (for the rice)	1/4 tsp	½ tsp	
zucchini	1	2	
green beans	1 bag (100g)	1 bag (200g)	
ginger	1 knob	2 knobs	
red lentils	1 packet	2 packets	
tandoori paste	1 tub (50g)	2 tubs (100g)	
tomato paste	1 sachet	2 sachets	
coconut milk	1 tin (200ml)	1 tin (400ml)	
water* (for the curry)	2 cups	4 cups	
brown sugar*	2 tsp	1 tbs	
salt* (for the curry)	½ tsp	1 tsp	
chilli flakes (optional)	pinch	pinch	
baby spinach leaves	1 bag (60g)	1 bag (120g)	
Greek yoghurt	1 packet (100g)	1 packet (200g)	
coriander	1 bag	1 bag	

^{*}Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	3793kJ (906Cal)	637kJ (152Cal)
Protein (g)	28.8g	4.8g
Fat, total (g)	38g	6.4g
- saturated (g)	24.2g	4.1g
Carbohydrate (g)	102.7g	17.3g
- sugars (g)	16g	2.7g
Sodium (mg)	1637mg	275mg

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.



Cook the rice

Finely chop the **garlic**. In a medium saucepan, melt the **butter** with a dash of **olive oil** over a medium heat. Add 1/2 the **garlic** and cook until fragrant, **1-2 minutes**. Add the **basmati rice**, **water** (**for the rice**) and **salt** (**for the rice**), stir, and bring to the boil. Reduce the heat to low and cover with a lid. Cook for **10 minutes**, then remove 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!



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**. Rinse the **red lentils**.



Start the curry

In a large frying pan, heat a drizzle of olive oil over a medium-high heat. Add the ginger and remaining 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, coconut milk, water (for the curry), brown sugar, salt (for the curry) 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.



Finish the curry

Add the zucchini and green beans to the frying pan and simmer, uncovered, until tender, 6-7 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 season with salt and pepper.



Add the baby spinach

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



Serve up

Divide the rice between bowls and top with the red lentil curry. Top with the coriander yoghurt and garnish with the reserved coriander and a pinch of chilli flakes to serve.

Enjoy!