

Creamy Red Lentil & Coconut Curry

with Garlic Rice & Coriander Yoghurt

Grab your Meal Kit with this symbol



Garlic



Basmati Rice



Zucchini



Green Beans



Ginger



Red Lentils



Tandoori Paste



Tomato Paste



Coconut Milk



Chilli Flakes (Optional)



Baby Spinach Leaves




Greek Yoghurt



Coriander

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

 Spicy (optional chilli flakes)

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 generous amount of refreshing coriander yoghurt.

Pantry items

Olive Oil, Butter, 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.

You will need

Medium saucepan with lid · Large frying pan

Ingredients

	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)	¼ 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!



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**.



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**.



Add the baby spinach

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



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**.



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!