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## Curried Lentils with Roasted Potatoes & Lemon Yoghurt

This curried lentil dish is beautiful, tasty comfort food, pure and simple. Don't be fooled though - potatoes are packed with vitamin B6, potassium, vitamin C and dietary fibre - so this dish really is as good for you as it makes you feel.



**Prep:** 10 mins

**Cook:** 40 mins

**Total:** 50 mins



level 1



low kJ



high fibre

### Pantry Items



Olive Oil



Water



Potatoes



Carrot



Lemon



Greek Yoghurt



Brown Onion



Mild Curry Powder



Coriander



Lentils



Green Beans

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2P	4P	Ingredients
400 g	800 g	potatoes, unpeeled & cut into 2 cm pieces
1	2	carrot, peeled & cut into 2 cm chunks
1 ½ tbs	3 tbs	olive oil *
½	1	lemon, juiced
½ tub	1 tub	Greek yoghurt
½	1	brown onion, finely sliced
1 tbs	2 tbs	mild curry powder
1 bunch	2 bunches	coriander, stalks & leaves chopped separately
1 tin	2 tins	lentils, drained & rinsed
¼ cup	½ cup	water *
100 g	200 g	green beans, cut into 1 cm lengths

⊕ Ingredient features in another recipe

\* Pantry Items

🌿 Pre-preparation

#### Nutrition per serve

Energy	1510	Kj
Protein	14.4	g
Fat, total	9.7	g
-saturated	1.9	g
Carbohydrate	46.7	g
-sugars	10.6	g
Sodium	223	mg

**Disclaimer:** Potatoes naturally vary in size, we may over supply you but please use the weight stated for this recipe.



**You will need:** *chef's knife, chopping board, vegetable peeler, sieve, small bowl, oven tray lined with baking paper and a medium frying pan.*

**1** Preheat the oven to **200°C/180°C** fan-forced.

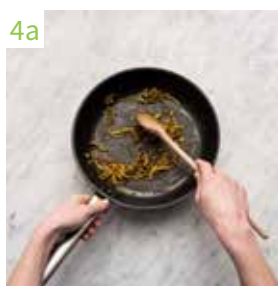
**2** Toss the **potato** and **carrot** in half of the **olive oil** and place on the prepared oven tray. Season to taste with **salt** and **pepper**. Cook in the oven for **40 minutes** or until tender and golden.



**3** In a small bowl combine the **lemon juice** and **Greek yoghurt** and set aside.

**4** Once the vegetables have finished cooking, heat the remaining olive oil in a medium frying pan. Add the **brown onion** and cook, stirring, for **3 minutes** or until soft. Add the **mild curry powder** and **coriander stalks** and cook for **1 minute** or until fragrant. Add the **lentils**, **water** and **green beans** and cook, stirring, for **1-2 minutes** or until coated in the spices and heated through. Stir through the roast vegetables and **coriander leaves** and remove from the heat. Season to taste with salt and pepper.

**5** Divide the lentil curry between bowls and drizzle with the lemon yoghurt.



**Did you know?** The average Australian will eat approximately 62 kg of potatoes each year.