

Mild North Indian Lentil Bowl

with Turmeric Roasted Cauliflower & Cucumber Raita

Grab your Meal Kit with this symbol



Red Onion



Garlic



Tomato



Cauliflower



Lemon



Red Lentils



Tomato Paste



Mild North Indian Spice Blend



Vegetable Stock Pot



Baby Spinach Leaves



Turmeric



Greek-Style Yoghurt



Cucumber



Mint



Roasted Cashews

Hands-on: 20-30 mins
 Ready in: 35-45 mins
 Naturally gluten-free
 Not suitable for Coeliacs

Calorie Smart

Enjoy an exciting meatless Monday by whipping up this wholesome bowl of lentils. Along with gently spiced cauliflower and a touch of zing thanks to lemon, this is a nutritionally balanced delight sent from the heavens.

Pantry items

Olive Oil, Honey

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

Large frying pan · Oven tray lined with baking paper

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1	2
garlic	2 cloves	4 cloves
tomato	1	2
cauliflower	1 portion	1 portion
lemon	½	1
red lentils	1 packet	2 packets
tomato paste	1 sachet	2 sachets
mild North Indian spice blend	2 sachets	4 sachets
water*	1½ cups	3 cups
honey*	1 tsp	2 tsp
vegetable stock pot	1 tub (20g)	1 tub (40g)
baby spinach leaves	1 bag (60g)	1 bag (120g)
turmeric	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
Greek-style yoghurt	1 packet (200g)	2 packets (400g)
cucumber	1	2
mint	1 bunch	1 bunch
roasted cashews	1 packet	2 packets

*Pantry Items

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2429kJ (580Cal)	396kJ (94Cal)
Protein (g)	29g	4.7g
Fat, total (g)	19.2g	3.1g
- saturated (g)	5.4g	0.9g
Carbohydrate (g)	62.9g	10.3g
- sugars (g)	32.4g	5.3g
Sodium (mg)	1304mg	213mg

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.



Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion**. Finely chop the **garlic**. Roughly chop the **tomato**. Chop the **cauliflower** into small florets. Slice the **lemon** into wedges. Rinse the **red lentils**.



Roast the cauliflower

While the lentils are cooking, combine the **turmeric** (see ingredients), the **salt**, a squeeze of **lemon juice**, 1/2 the **Greek-style yoghurt** and a drizzle of **olive oil** in a medium bowl. Add the **cauliflower** florets, toss until well coated and season with **pepper**. Transfer to a lined oven tray and roast for **15-20 minutes**.

TIP: The cauliflower will char slightly, this adds to the flavour!



Start the sauce

Heat a large frying pan over a medium-high heat with a drizzle of **olive oil**. Add the **red onion** and cook until softened, **3-5 minutes**. Add the **garlic**, **tomato**, **tomato paste** and **mild North Indian spice blend** and cook until fragrant, **1-2 minutes**.

TIP: Frying the tomato paste deepens its flavour.



Make the cucumber raita

While the cauliflower is roasting, finely chop the **cucumber**. Pick and roughly chop the **mint**. In a second medium bowl, combine the **cucumber**, remaining **Greek-style yoghurt** and a squeeze of **lemon juice**. Season with **salt** and **pepper**.



Add the lentils

Add the **red lentils**, **water**, **honey** and **vegetable stock pot**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid or foil and cook, stirring occasionally, until the **lentils** are softened, **20-22 minutes**. Add the **baby spinach leaves**, stir until wilted and season to taste. Remove from the heat.

TIP: Add a little water if the lentils look dry.



Serve up

Roughly chop the **roasted cashews**. Divide the mild North Indian lentils between bowls. Top with the turmeric roasted cauliflower and cucumber raita. Garnish with the mint and cashews.

Enjoy!