



Roast Veggie Curry Lentil Dhal

with Garlic Yoghurt & Flaked Almonds

CLIMATE SUPERSTAR



Grab your Meal Kit with this symbol



Carrot



Peeled & Chopped Pumpkin



Tomato



Garlic



Greek-Style Yoghurt



Ginger Paste



Mild Curry Paste



Coconut Milk



Vegetable Stock Pot



Red Lentils



Baby Spinach Leaves



Flaked Almonds



Coriander



Chicken Breast

Prep in: 20-30 mins
Ready in: 45-55 mins



Calorie Smart[^]
[^]Custom recipe is not Calorie Smart



Eat Me Early*
*Custom Recipe only

It's curry night tonight so we've gathered all of our fave ingredients that pack the best punch! Red lentils are the star of the show and when you pair them with curry paste and some superstar veggies, you'll want to make every night, curry night!

CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items

Olive Oil, Brown Sugar

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Oven tray lined with baking paper · Large saucepan with a lid

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
carrot	1	2
peeled & chopped pumpkin	1 medium bag	2 medium bags
tomato	1	2
garlic	3 cloves	6 cloves
Greek-style yoghurt	1 medium packet	1 large packet
ginger paste	1 medium packet	1 large packet
mild curry paste	1 medium packet	1 large packet
coconut milk	1 medium tin	2 medium tins
vegetable stock pot	1 packet (20g)	2 packets (40g)
red lentils	1 medium packet	2 medium packets
water*	2½ cups	5 cups
brown sugar*	1 tsp	2 tsp
baby spinach leaves	1 small bag	1 medium bag
flaked almonds	1 medium packet	1 large packet
coriander	1 bag	1 bag
chicken breast**	1 small packet	1 large packet

*Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2131kJ (509Cal)	352kJ (84Cal)
Protein (g)	28.9g	4.8g
Fat, total (g)	26.2g	4.3g
- saturated (g)	16.9g	2.8g
Carbohydrate (g)	59.9g	9.9g
- sugars (g)	30.2g	5g
Sodium (mg)	1864mg	308mg

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2891kJ (691Cal)	375kJ (90Cal)
Protein (g)	62.1g	8.1g
Fat, total (g)	31.4g	4.1g
- saturated (g)	18.5g	2.4g
Carbohydrate (g)	59.9g	7.8g
- sugars (g)	30.2g	3.9g
Sodium (mg)	1953mg	253mg

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.

We're here to help!

Scan here if you have any questions or concerns



1



Roast the veggies

- Preheat oven to **240°C/220°C fan-forced**. Slice **carrot** into half-moons.
- Place **carrot** and **peeled & chopped pumpkin** on a lined oven tray. Season with **salt**, drizzle with **olive oil** and toss to coat.
- Roast until tender, **20-25 minutes**.

4



Start the dahl

- Return saucepan to medium-high heat with a drizzle of **olive oil**.
- Cook **tomato**, stirring, until starting to soften, **1-2 minutes**.
- Add **ginger paste**, **mild curry paste** and remaining **garlic** and cook, stirring, until fragrant, **1-2 minutes**.

Custom Recipe: Before cooking the tomato, add the chicken to the pan and cook, tossing until browned and cooked through (when no longer pink inside), 4-5 minutes. Continue with the step.

2



Get prepped

- Meanwhile, roughly chop **tomato**. Finely chop **garlic**.

Custom Recipe: If you've added chicken breast, cut chicken into 2cm chunks.

5



Finish the dhal

- To pan, stir in **coconut milk**, **vegetable stock pot**, **red lentils**, the **water** and the **brown sugar**. Bring to the boil, then reduce heat to medium.
- Cover with a lid and cook, stirring occasionally, until **lentils** are softened, **20-22 minutes**.
- Stir in **roast veggies** and **baby spinach leaves**, until wilted and combined. Season to taste.

TIP: Add a splash of water to loosen the dhal, if needed.

3



Make the garlic yoghurt

- In a large saucepan, heat a drizzle of **olive oil** over medium-high heat.
- Cook 1/2 the **garlic**, until fragrant, **1 minute**. Transfer to a small bowl.
- Add **Greek-style yoghurt** and stir to combine. Season to taste.

6



Serve up

- Divide roast veggie curry lentil dhal between bowls.
- Top with garlic yoghurt.
- Sprinkle over **flaked almonds**. Tear over **coriander** to serve. Enjoy!

Rate your recipe

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