

# Sri Lankan-Spiced Coconut Lentils

with Cauliflower-Veggie Rice

Grab your Meal Kit with this symbol



Garlic



Carrot



Lentils



Ginger Paste



Cauliflower Rice



Vegetable Stock Powder



Sri Lankan Spice Blend



Coconut Milk




Baby Spinach Leaves





Long Red Chilli (Optional)




Mint

 Hands-on: 15-25 mins  
Ready in: 30-40 mins

 Naturally Gluten-Free  
*Not suitable for coeliacs*

 Carb Smart

 Spicy (optional long red chilli)

When you combine hearty lentils with our mild Sri Lankan spice blend and creamy coconut milk, the result is pretty magical. The ginger-infused cauli-veggie rice is perfect for soaking up the coconutty sauce, all while keeping the carbs down.

### Pantry items

Olive Oil, Butter



## 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 · Medium saucepan

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
garlic	3 cloves	6 cloves
carrot	1	2
lentils	1 tin	2 tins
butter*	20g	40g
ginger paste	1 medium packet	1 large packet
cauliflower rice	1 packet (250g)	1 packet (500g)
vegetable stock powder	1 medium sachet	1 large sachet
Sri Lankan spice blend	1 sachet	2 sachets
coconut milk	1 large tin	2 large tins
baby spinach leaves	1 medium bag	1 large bag
long red chilli (optional)	½	1
mint	1 bag	1 bag

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2314kJ (553Cal)	443kJ (105Cal)
Protein (g)	12g	2.3g
Fat, total (g)	40.2g	7.7g
- saturated (g)	30.7g	5.9g
Carbohydrate (g)	29.8g	5.7g
- sugars (g)	9.4g	1.8g
Sodium (mg)	877mg	168mg
Dietary Fibre (g)	13g	2.5g

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](https://hellofresh.com.au/foodinfo) for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

If you have any questions or concerns, please visit [hellofresh.com.au/contact](https://hellofresh.com.au/contact)

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## Get prepped

- Finely chop **garlic**. Thinly slice **carrot** into half-moons. Drain and rinse **lentils**.
- In a large frying pan, heat the **butter** and a drizzle of **olive oil** over a high heat. Cook **ginger paste**, **cauliflower rice**, 1/2 the **garlic** and 1/2 the **vegetable stock powder**, stirring, until tender, **2-3 minutes**.
- Season with **salt** and **pepper**. Transfer to a large bowl and cover to keep warm.



## Cook the veggies

- While lentils are cooking, return frying pan to a medium-high heat with a drizzle of **olive oil**. Cook **carrot**, tossing, until tender, **4-5 minutes**.
- Add **spinach** and remaining **garlic** and cook until just wilted and fragrant, **1 minute**.
- Transfer **veggies** to bowl with **cauliflower rice**. Gently toss to combine.



## Cook the coconut lentils

- In a medium saucepan, heat a drizzle of **olive oil** over a medium heat.
- Cook **lentils** and **Sri Lankan spice blend**, stirring, until fragrant, **1-2 minutes**.
- Add **coconut milk** and remaining **vegetable stock powder**. Cook, stirring occasionally, until slightly thickened, **3-4 minutes**. Season to taste.

**TIP:** Add a splash of water if the sauce looks too thick.



## Serve up

- Thinly slice **long red chilli** (if using).
- Divide Sri Lankan-spiced coconut lentils and cauliflower-veggie rice between bowls.
- Sprinkle with chilli and torn **mint** leaves to serve.

## Enjoy!

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