



# CAULIFLOWER & LENTIL ALOO GOBI

with Chilli Flatbreads



Cook an aloo gobi



Cauliflower



Potato



Carrot



Brown Onion



Garlic



Lemon



Coriander



Red Lentils



Mild North Indian Spice Blend



Coconut Milk



Vegetable Stock



Chilli Flakes (Optional)



Mini Flour Tortillas

Hands-on: **30** mins  
Ready in: **35** mins

Spicy (optional chilli flakes)

When you've got potato and cauliflower... make aloo gobi! This classic Indian curry uses spices to take the two veggies to next-level tastiness, and we've added lentils to make it extra-hearty too. With chilli flatbreads to mop up the sauce, this is a bowl of goodness you'll crave time and again.

**Pantry Staples:** Olive Oil, Butter (optional)

# BEFORE YOU START

Our fruit and veggies need a **little wash** first! Along with basic cooking tools, you will use:

- **oven tray** lined with **baking paper** • **medium saucepan** with a **lid** • **medium frying pan**



## 1 ROAST THE VEGGIES

Preheat the oven to **220°C/200°C fan-forced**. Cut the **cauliflower** into small florets. Cut the **potato** (unpeeled) into 2cm chunks. Thickly slice the **carrot** (unpeeled) into half-moons. Place the **cauliflower, potato and carrot** on an oven tray lined with baking paper, **drizzle** with **olive oil** and season with **salt** and **pepper**. Toss to coat, then roast until tender, **25-30 minutes**. **TIP:** Cut the veggies to the correct size so they cook in the allocated time.



## 4 COOK THE CHILLI FLATBREADS

While the lentils are simmering, heat **olive oil (2 tbs for 2 people / 4 tbs for 4 people)** in a medium frying pan over a medium-high heat. Add a **pinch** of **chilli flakes** (if using) and cook for **1 minute**. Pour into a small bowl. Brush some **chilli oil** over both sides of a **mini flour tortilla**. Return the pan to a medium-high heat and cook the **tortilla** until golden, **1 minute** each side. Transfer to a plate lined with paper towel and repeat with the **remaining tortillas** (see **ingredients list**).



## 2 GET PREPPED

While the veggies are roasting, finely chop the **brown onion**. Finely chop the **garlic** (or use a garlic press). Slice the **lemon** (see **ingredients list**) into wedges. Roughly chop the **coriander**. Rinse the **red lentils**.



## 5 FINISH THE ALOO GOBI

When the lentils are soft, stir through the **roasted veggies**, a **good squeeze** of **lemon juice** and season to taste with **salt** and **pepper**.



## 3 COOK THE LENTILS

In a medium saucepan, heat the **butter** (if using) and a **drizzle** of **olive oil** over a medium-high heat. Add the **onion** and cook, stirring, until softened, **5 minutes**. Add the **garlic** and **mild North Indian spice blend** and cook until fragrant, **1 minute**. Add the **red lentils, coconut milk, water** and crumbled **vegetable stock**. Bring to a simmer, then cover with a lid and reduce the heat to low. Simmer until the lentils are soft, **15-20 minutes**. **TIP:** Remove the lid while simmering for a thicker consistency.



## 6 SERVE UP

Divide the cauliflower and lentil aloo gobi between bowls. Sprinkle with coriander and serve with the remaining lemon wedges and the chilli flatbreads.

# ENJOY!

# 2 | 4 PEOPLE INGREDIENTS

|                               | 2P              | 4P              |
|-------------------------------|-----------------|-----------------|
| olive oil*                    | refer to method | refer to method |
| cauliflower                   | 1 portion       | 2 portions      |
| potato                        | 1               | 2               |
| carrot                        | 1               | 2               |
| brown onion                   | 1               | 2               |
| garlic                        | 2 cloves        | 4 cloves        |
| lemon                         | ½               | 1               |
| coriander                     | 1 bunch         | 1 bunch         |
| red lentils                   | 1 packet        | 2 packets       |
| butter* (optional)            | 20g             | 40g             |
| mild North Indian spice blend | 1 sachet        | 2 sachets       |
| coconut milk                  | 1 tin (165ml)   | 1 tin (400ml)   |
| water*                        | 1½ cups         | 3 cups          |
| vegetable stock               | 1 sachet        | 2 cubes         |
| chilli flakes (optional)      | pinch           | pinch           |
| mini flour tortillas          | 3               | 6               |

\*Pantry Items

| NUTRITION        | PER SERVING     | PER 100G       |
|------------------|-----------------|----------------|
| Energy (kJ)      | 3200kJ (765Cal) | 462kJ (110Cal) |
| Protein (g)      | 31.0g           | 4.5g           |
| Fat, total (g)   | 27.5g           | 4.0g           |
| - saturated (g)  | 15.9g           | 2.3g           |
| Carbohydrate (g) | 87.8g           | 12.7g          |
| - sugars (g)     | 19.1g           | 2.8g           |
| Sodium (g)       | 785mg           | 113mg          |

For allergens and ingredient information, visit [HelloFresh.co.nz/recipes](https://www.hellofresh.co.nz/recipes)

We love feedback, so give us a call with any questions, comments or concerns | (09) 886 9589  
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