

Indian Coconut, Lentil & Roast Cauliflower Bowl

with Toasted Almonds & Pickled Onion

Grab your Meal Kit with this symbol



Red Onion



Cauliflower



Carrot



Brown Mustard Seeds



Turmeric



Lentils



Garlic



Slivered Almonds



Bengal Curry Paste



Coconut Cream



Baby Spinach Leaves



Coriander

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

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 the pickled onion, this is a veggie delight sent from the heavens.

Pantry items

Olive Oil, Rice Wine Vinegar

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

Oven tray lined with baking paper · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	½ (medium)	1 (medium)
rice wine vinegar*	¼ cup	½ cup
cauliflower	1 portion (400g)	2 portions (800g)
carrot	1	2
brown mustard seeds	1 sachet	1 sachet
turmeric	1 sachet	1 sachet
lentils	1 tin	2 tins
garlic	3 cloves	6 cloves
slivered almonds	1 packet	2 packets
Bengal curry paste	1 sachet (50g)	1 sachet (100g)
coconut cream	1 packet (200ml)	1 packet (400ml)
baby spinach leaves	1 bag (30g)	1 bag (60g)
coriander	1 bunch	1 bunch

*Pantry Items

Nutrition

	Per Serving	Per 100g
Energy (kJ)	2732kJ (652Cal)	429kJ (102Cal)
Protein (g)	19.9g	3.1g
Fat, total (g)	42.3g	6.6g
- saturated (g)	25.4g	4g
Carbohydrate (g)	46.9g	7.4g
- sugars (g)	16.9g	2.7g
Sodium (mg)	603mg	95mg

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.co.nz/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.



Pickle the onion

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion** (see ingredients). In a small bowl, combine the **rice wine vinegar** and a good pinch of **sugar** and **salt**. Scrunch the sliced **onion** in your hands, then add it to the **pickling liquid** with just enough **water** to cover the onion. Set aside until serving.



Roast the veggies

While the onion is pickling, cut the **cauliflower** into small florets. Cut the **carrot** into 2cm chunks. Place the **veggies** on an oven tray lined with baking paper. Drizzle with **olive oil**, then sprinkle over the **brown mustard seeds** and 1/2 the **turmeric**. Season with **salt** and **pepper** and toss to coat. Roast until browned and tender, **20-25 minutes**.

TIP: Cut the veggies to size so they cook in time.



Get prepped

While the veggies are roasting, drain and rinse the **lentils**. Finely chop the **garlic**.



Toast the almonds

Heat a large frying pan over a medium-high heat. Add the **slivered almonds** and toast, tossing, until golden, **3-4 minutes**. Transfer to a bowl.



Cook the lentils

Return the frying pan to a medium-high heat with a drizzle of **olive oil**. Cook the **Bengal curry paste** and **garlic**, stirring, until fragrant, **1 minute**. Add the **coconut cream** and remaining **turmeric** and stir well to combine. Add the **lentils** and cook until warmed through, **2-3 minutes**. Remove from the heat, then stir through the **baby spinach leaves** and season to taste.

TIP: Add a splash of water if your sauce is too thick!



Serve up

Roughly chop the **coriander**. Drain the pickled onion. Divide the Indian coconut lentils between bowls. Top with the roasted veggies and pickled onion. Garnish with the toasted almonds and coriander.

Enjoy!