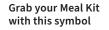


# Indian Coconut, Lentil & Roast Cauliflower Bowl

with Toasted Almonds & Pickled Onion















Carrot

**Brown Mustard** Seeds





Turmeric







Slivered Almonds





Bengal Curry

Coconut Cream





**Baby Spinach** Leaves

Coriander

**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

9			
	2 People	4 People	
olive oil*	refer to method	refer to method	
red onion	½ (medium)	1 (medium)	
rice wine vinegar*	1/4 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	

<sup>\*</sup>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!