



# Mild North Indian Lentil Bowl

with Turmeric-Roasted Cauliflower & Cucumber Raita

Grab your Meal Kit with this symbol



Red Onion



Garlic



Tomato



Cauliflower



Lemon



Red Lentils



Tomato Paste



Mild North Indian Spice Blend



Vegetable Stock Powder



Baby Spinach Leaves



Turmeric



Greek-Style Yoghurt



Cucumber



Mint



Roasted Cashews

Hands-on: 20-30 mins  
Ready in: 35-45 mins

Low calorie

Look forward to dinner with this wholesome and nutritious bowl of lentils. Along with gently spiced turmeric cauliflower, roasted cashews and a creamy cucumber raita, this is a veggie delight sent from the heavens.

### Pantry items

Olive Oil, Honey



## 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

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

## Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
red onion	1 (medium)	1 (large)
garlic	2 cloves	4 cloves
tomato	1	2
cauliflower	1 portion (200g)	1 portion (400g)
lemon	½	1
red lentils	1 packet	2 packets
tomato paste	1 packet	2 packets
mild North Indian spice blend	1 sachet	2 sachets
water*	1¼ cups	2½ cups
honey*	1 tsp	2 tsp
vegetable stock powder	1 sachet	1 sachet
baby spinach leaves	1 bag (60g)	1 bag (120g)
turmeric	½ sachet	1 sachet
salt*	¼ tsp	½ tsp
Greek-style yoghurt	1 large packet	2 large packets
cucumber	1 (medium)	1 (large)
mint	1 bunch	1 bunch
roasted cashews	1 packet	2 packets

\*Pantry Items

## Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2273kJ (543Cal)	396kJ (94Cal)
Protein (g)	29g	5g
Fat, total (g)	17.7g	3.1g
- saturated (g)	4.1g	0.7g
Carbohydrate (g)	65.1g	11.3g
- sugars (g)	26.9g	4.7g
Sodium (mg)	1963mg	342mg

The quantities provided above are averages only.

## Allergens

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

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



## Get prepped

Preheat the oven to **220°C/200°C fan-forced**. Thinly slice the **red onion**. Finely chop the **garlic**. Roughly chop the **tomato**. Cut the **cauliflower** into small florets. Slice the **lemon** into wedges. Rinse the **red lentils**.



## Roast the cauliflower

While the lentils are simmering, combine the **turmeric** (see ingredients), the **salt**, a squeeze of **lemon juice**, 1/2 the **Greek-style yoghurt** and a drizzle of **olive oil** in a medium bowl. Add the **cauliflower**, toss until well coated, then season with **pepper**. Place on an oven tray lined with baking paper and roast until tender, **15-20 minutes**.

**TIP:** The cauliflower will char slightly, this adds to the flavour!



## Cook the aromatics

Heat a medium saucepan over a medium-high heat with a drizzle of **olive oil**. Cook the **onion** until softened, **3-5 minutes**. Add the **garlic**, **tomato**, **tomato paste** and **mild North Indian spice blend** and cook until fragrant, **1-2 minutes**.



## Make the cucumber raita

While the cauliflower is roasting, finely chop the **cucumber**. In a second medium bowl, combine the **cucumber**, remaining **yoghurt** and a squeeze of **lemon juice**. Season with **salt** and **pepper**.



## Simmer the lentils

Add the **lentils**, **water**, **honey** and **vegetable stock powder**. Bring to the boil, then reduce the heat to a simmer. Cover with a lid and cook, stirring occasionally, until the lentils have softened, **20-22 minutes**. Add the **baby spinach leaves**, stir until wilted and season to taste. Remove from the heat.

**TIP:** Add a little water if the lentils look dry.



## Serve up

Pick and roughly chop the **mint** leaves. Divide the mild North Indian lentils between bowls. Top with the turmeric-roasted cauliflower and cucumber raita. Garnish with the mint and **roasted cashews**.

## Enjoy!