



Japanese Lentil Curry

with Jasmine Rice

Veggie

30 Minutes



Red Lentils



Mirepoix



Zucchini



Tomato Sauce



Ginger



Garlic Puree



Indian Spice Mix



Curry Powder



Jasmine Rice



Soy Sauce Mirin Blend



Green Onions



Vegetable Broth Concentrate



Sesame Oil

HELLO LENTILS

High in fibre, low in carbs, and perfect for curry!

Start here

Before starting, wash and dry all produce.

Bust Out

Microplane/zester, measuring spoons, medium pot, measuring cups, large pot

Ingredients

	2 Person	4 Person
Red Lentils	¾ cup	1 ½ cup
Mirepoix	113 g	227 g
Zucchini	200 g	400 g
Tomato Sauce	4 tbsp	8 tbsp
Ginger	30 g	60 g
Garlic Puree	1 tbsp	2 tbsp
Indian Spice Mix	1 tbsp	2 tbsp
Curry Powder	2 tsp	4 tsp
Jasmine Rice	¾ cup	1 ½ cup
Soy Sauce Mirin Blend	8 tbsp	16 tbsp
Green Onions	2	4
Vegetable Broth Concentrate	1	2
Sesame Oil	1 tbsp	2 tbsp
Unsalted Butter*	1 tbsp	2 tbsp
Sugar*	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to our meal kit labels for the most current allergen information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

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1



Prep

Cut **zucchini** in half lengthwise, then into ½-inch thick half-moons. Peel, then mince or grate **ginger**. Thinly slice **green onions**.

2



Start curry

Heat a large pot over medium-high heat. When hot, add **1 tbsp oil** (dbl for 4 ppl) then **mirepoix**, **garlic puree**, **ginger**, **curry powder** and **Indian Spice Mix**. Cook, stirring frequently, until fragrant and **mirepoix** is slightly softened, 2-3 min.

3



Finish curry

When ingredients are fragrant, stir in **red lentils**, **tomato sauce**, **zucchini**, **vegetable broth concentrate**, **1 tbsp sugar** and **2 cups water** (dbl both for 4 ppl). Season with **salt** and **pepper**. Bring to a boil, then cover and reduce heat to medium-low. Simmer until **lentils** are tender and **curry** is slightly reduced, 15-17 min.

4



Cook rice

While **curry** simmers, bring **1 ¼ cups water** and **¼ tsp salt** (dbl both for 4 ppl) to a boil in a covered medium pot. Add **rice** to the pot of **boiling water**. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.

5



Finish and serve

Fluff **rice** with a fork, then divide between bowls. Stir **soy sauce mirin blend**, **sesame oil**, and **1 tbsp butter** (dbl for 4 ppl) into **curry**. Season with **salt** and **pepper**. Spoon **curry** over **rice**. Sprinkle **green onions** over top.

Dinner Solved!