



Muhammara-Inspired Lentil Curry

with Rice and Naan

Veggie

Spicy

35 Minutes



Red Lentils



Chipotle Powder



Roasted Red Peppers



Almonds, sliced



Crushed Tomatoes



Honey



Turkish Spice Blend



Yellow Onion



Garlic, cloves



Basmati Rice



Naan



Cilantro



Zucchini

HELLO MUHAMMARA

This traditional Middle Eastern dip is made with roasted red peppers and toasted nuts!

Start here

- Before starting, preheat the oven to 450°F.
- Wash and dry all produce.

Heat Guide for Step 2 (dbl for 4 ppl):

- Mild: ½ tsp
- Medium: ¼ tsp
- Spicy: ½ tsp
- Extra-spicy: 1 tsp

Bust out

Baking sheet, measuring spoons, rolling pin, medium pot, small bowl, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Red Lentils	½ cup	1 cup
Chipotle Powder 🌶️	½ tsp	1 tsp
Roasted Red Peppers	170 ml	340 ml
Almonds, sliced	28 g	56 g
Crushed Tomatoes	370 ml	740 ml
Honey	1 tbsp	2 tbsp
Turkish Spice Blend	1 tbsp	2 tbsp
Yellow Onion	113 g	226 g
Garlic, cloves	2	4
Basmati Rice	¾ cup	1 ½ cups
Naan	2	4
Cilantro	7 g	14 g
Zucchini	200 g	400 g
Oil*		

Salt and Pepper*

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional 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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Prep

Peel, then cut **onion** into ¼-inch pieces. Peel, then mince or grate **garlic**. Roughly chop **cilantro**. Halve **zucchini** lengthwise, then cut into ¼-inch half-moons. Drain, then finely chop **roasted red peppers**. Pierce one side of the package of **almonds**. Using a rolling pin or heavy-bottomed pot, crush **almonds** in their package until broken into small crumbs (or finely chop, if you prefer).



Cook rice

Meanwhile, add **1 ¼ cups water** and **½ tsp salt** (dbl both for 4 ppl) to a medium pot. Cover and bring to a boil over high heat. Once boiling, add **rice**, then reduce heat to low. Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min. Remove the pot from heat. Set aside, still covered.



Start curry

Heat a large non-stick pan over medium-high heat. When hot, add **almonds** to the dry pan. Toast, stirring often, until slightly golden, 1-3 min. Add **1 tbsp oil** (dbl for 4 ppl), then **onions, roasted red peppers** and **half the garlic**. Season with **salt** and **pepper**. Cook, stirring often, until **onions** soften, 3-4 min. Add **Turkish Spice Blend** and **½ tsp chipotle powder**. (NOTE: Reference heat guide.) Cook, stirring often, until fragrant, 1-2 min.



Make garlic naan

Meanwhile, combine **remaining garlic** and **1 tbsp oil** (dbl for 4 ppl) in a small bowl. Arrange **naan** on an unlined baking sheet. Spread **garlic oil** over **naan**. Season with **salt**. Toast in the **middle** of the oven until golden-brown, 4-5 min. (TIP: Keep an eye on naan so they don't burn!)



Finish curry

Add **crushed tomatoes, zucchini, honey, lentils** and **2 cups water** (dbl for 4 ppl) to the same pan. Bring to a boil over high. Once boiling, reduce heat to medium-low. Cover and cook, stirring often, until **lentils** soften, 10-15 min.



Finish and serve

Fluff **rice** with a fork. Halve or quarter **naan**. Divide **rice** between plates. Top with **curry**. Sprinkle **cilantro** over top.

Dinner Solved!