



Red Lentil and Sweet Potato Curry

with Spinach and Cilantro Rice

VEGGIE 35 Minutes



Due to order volume, you may receive an equivalent ingredient substitution for this recipe. Follow the recipe instructions, as usual, using the ingredients that you have received.

Thank you for your understanding & happy cooking!



Red Lentils



Sweet Potato



Garlic



Basmati Rice



Dal Spice Blend



Roma Tomato



Ginger



Cilantro



Onion, chopped



Vegetable Broth Concentrate



Coconut Milk



Baby Spinach

HELLO LENTILS

Creamy, dreamy and full of fibre!

START HERE

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

Bust Out

Large Non-Stick Pan, Garlic Press, Baking Sheet, Measuring Cups, Strainer, Grater, Measuring Spoons, Medium Pot, Parchment Paper

Ingredients

	2 Person	4 Person
Red Lentils	113 g	227 g
Sweet Potato	340 g	680 g
Garlic	6 g	12 g
Basmati Rice	¾ cup	1 ½ cup
Dal Spice Blend	1 tbsp	2 tbsp
Roma Tomato	160 g	320 g
Ginger	30 g	60 g
Cilantro	7 g	14 g
Onion, chopped	56 g	113 g
Vegetable Broth Concentrate	1	2
Coconut Milk	165 ml	400 ml
Baby Spinach	56 g	113 g
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

Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Cut **tomatoes** into ½-inch pieces. Roughly chop **cilantro**. Peel, then mince or grate **garlic**. Using a strainer, rinse **lentils**.



4. COOK VEGGIES

While **rice** cooks, heat large non-stick pan over medium heat. When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **tomatoes**. Cook, stirring occasionally, until tender, 4-5 min. Add **garlic**, **remaining ginger** and **Dal Spice Blend**. Cook, stirring often, until fragrant, 1-2 min.



2. ROAST SWEET POTATOES

Cut **sweet potatoes** into ½-inch pieces. Toss with **1 tbsp oil** (dbl for 4 ppl) on a parchment-lined baking sheet. Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until tender, 22-23 min.



5. COOK LENTILS

Add **broth concentrate(s)**, **coconut milk**, **lentils** and **1 ½ cups water** (dbl for 4 ppl) to the same pan. Bring to a boil over high heat. Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** soften, 10-15 min.



3. COOK RICE

While **sweet potatoes** cook, heat a medium pot over medium heat. When hot, add **½ tbsp oil** (dbl for 4 ppl), then **rice** and **half the ginger**. Cook, stirring often, until fragrant, 1-2 min. Add **1 ¼ cups water** (dbl for 4 ppl) and bring to a boil over high heat. Reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



6. FINISH & SERVE

When **sweet potatoes** are done, stir **sweet potatoes** and **spinach** into **lentil mixture**. Cook, stirring often, until **spinach** wilts, 1-2 min. Season with **salt** and **pepper**. Fluff **rice** with a fork, then stir in **half the cilantro** and season with **salt**. Divide **rice** between plates. Top with **lentil and sweet potato curry**. Sprinkle over **remaining cilantro**.

Dinner Solved!