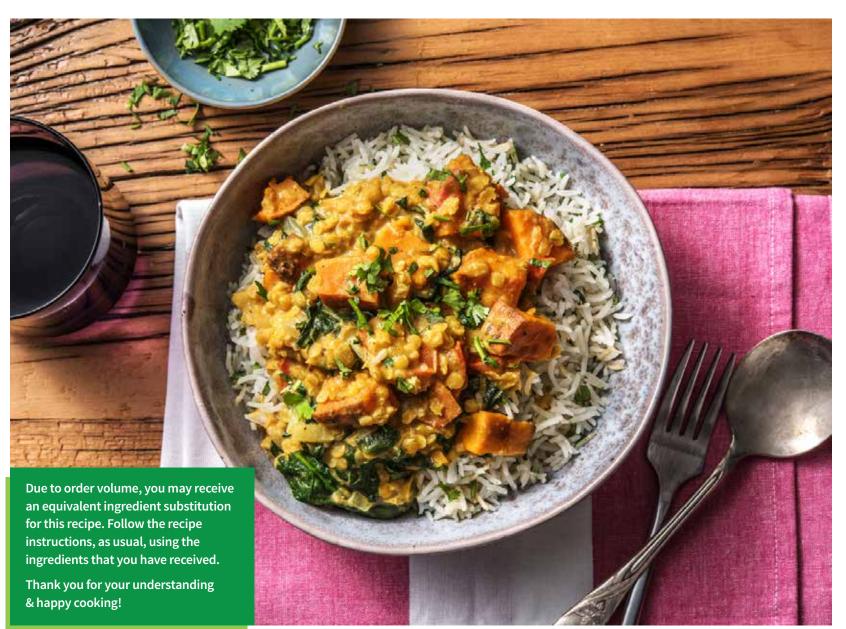


Red Lentil and Sweet Potato Curry

with Spinach and Cilantro Rice

Veggie 35 Minutes





Red Lentils









Indian Spice Mix



Basmati Rice



Ginger



Cilantro





Onion, chopped



Coconut Milk



Baby Spinach

Start here

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

Bust Out

Baking sheet, grater, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan, garlic press

Ingredients

| in ign concince | | |
|--------------------------------|----------|----------|
| | 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 |
| Indian Spice Mix | 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, sov. sulphites. tree nuts and wheat.

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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**.



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, 18-20 min.



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.



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 **Indian Spice Mix**. Cook, stirring often, until fragrant, 1-2 min.



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.



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!