



Red Lentil and Sweet Potato Curry

with Spinach and Cilantro Rice

Veggie Optional Spice 35 Minutes



Red Lentils



Basmati Rice



Sweet Potato



Roma Tomato



Ginger



Cilantro



Chili Pepper



Baby Spinach



Onion, chopped



Garlic Puree



Indian Spice Mix



Vegetable Broth Concentrate



Coconut Milk



Crispy Shallots

HELLO LENTILS

Creamy, dreamy and full of fibre!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

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

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

Bust Out

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

Ingredients

| | 2 Person | 4 Person |
|-----------------------------|----------|----------|
| Red Lentils | 1 cup | 2 cups |
| Basmati Rice | ¾ cup | 1 ½ cup |
| Sweet Potato | 340 g | 680 g |
| Roma Tomato | 160 g | 320 g |
| Ginger | 30 g | 60 g |
| Cilantro | 14 g | 28 g |
| Chili Pepper 🌶️ | 1 | 2 |
| Baby Spinach | 113 g | 227 g |
| Onion, chopped | 56 g | 113 g |
| Garlic Puree | 1 tbsp | 2 tbsp |
| Indian Spice Mix | 1 tbsp | 2 tbsp |
| Vegetable Broth Concentrate | 2 | 4 |
| Coconut Milk | 165 ml | 400 ml |
| Crispy Shallots | 28 g | 56 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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Prep

Peel, then finely grate **1 tbsp ginger** (dbl for 4 ppl). Cut **tomatoes** into ½-inch pieces. Roughly chop **cilantro**. Finely chop **chili**, removing seeds for less heat. (**NOTE:** We suggest using gloves when prepping chili!) Using a strainer, rinse **lentils**.



Cook veggies

While **rice** cooks, heat a 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, 4-6 min. Add **garlic puree, ginger, Indian Spice Mix** and **¼ tsp chili pepper**. (**NOTE:** Reference Heat Guide.) Cook, stirring often, until fragrant, 1-2 min. Season with **salt** and **pepper**.



Roast sweet potatoes

Cut **sweet potatoes** into ½-inch pieces. Toss with **1 tbsp oil** on a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**. Roast in the **middle** of the oven, flipping halfway through cooking, until tender, 18-20 min. (**NOTE:** For 4 ppl, roast in the top and the middle of the oven, rotating sheets halfway.)



Cook lentils

Add **broth concentrate, coconut milk, lentils** and **1 ½ cups water** (2 ½ cups 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** are tender, 12-15 min. (**NOTE:** If needed, thin out with 1-2 tbsp water.)



Cook rice

While **sweet potatoes** roast, bring **1 ¼ cups water** (dbl for 4 ppl) to a boil in a covered medium pot. Once boiling, add **rice**, then reduce heat to low. Cover and cook, until **rice** is tender and **liquid** is absorbed, 12-14 min.



Finish and serve

When **lentils** are tender, stir **sweet potatoes** and **spinach** into **lentil curry**. 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 **crispy shallots** and **remaining cilantro** over top.

Dinner Solved!