



Red Lentil and Sweet Potato Curry

with Spinach and Cilantro Rice

Veggie

Optional Spice

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

Bust out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan, microplane/zester

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cup
Basmati Rice	¾ cup	1½ 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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1



Prep

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

2



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, until tender, 18-20 min. (NOTE: For 4 ppl, roast in the top and the middle of the oven, rotating sheets halfway through.)

3



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. Remove pot from heat. Set aside, still covered.

4



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**.

5



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.)

6



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!