



Red Lentil and Sweet Potato Curry

with Spinach and Cilantro Rice

Veggie 30 Minutes



Red Lentils



Basmati Rice



Sweet Potato



Roma Tomato



Ginger



Cilantro



Baby Spinach



Yellow Onion



Indian Spice Mix



Vegetable Broth Concentrate



Coconut Milk



Crispy Shallots



Mild Curry Paste

HELLO LENTILS

Creamy, dreamy and full of fibre!

Start here

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

Bust out

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

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cups
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	340 g	680 g
Roma Tomato	160 g	320 g
Ginger	30 g	60 g
Cilantro	7 g	14 g
Baby Spinach	113 g	227 g
Yellow Onion	56 g	113 g
Indian Spice Mix	1 tbsp	2 tbsp
Vegetable Broth Concentrate	2	4
Coconut Milk	165 ml	400 ml
Mild Curry Paste	2 tbsp	4 tbsp
Crispy Shallots	28 g	56 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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Roast sweet potatoes

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



Cook veggies

While **rice** cooks, heat a large non-stick pan over medium heat. (**NOTE:** For 4 ppl, use a large pot.) When hot, add **1 tbsp oil** (dbl for 4 ppl), then **onions** and **tomatoes**. Cook, stirring occasionally, until tender, 4-6 min. Add **ginger, curry paste** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1 min. Season with **salt and pepper**.



Prep

While **sweet potatoes** roast, peel, then finely grate **ginger**. Cut **tomatoes** into ½-inch pieces. Peel, then cut **half the onion** into ½-inch pieces (whole onion for 4 ppl). Roughly chop **cilantro**. Rinse **lentils** in a strainer until **water** runs clear.



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 curry with 1-2 tbsp water.)



Cook rice

Add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. 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.



Finish and serve

When **lentils** are tender, add **sweet potatoes** and **spinach** to **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!