



# Red Lentil and Sweet Potato Curry

with Spinach and Basmati Rice

Veggie

35 Minutes



Red Lentils



Basmati Rice



Sweet Potato



Roma Tomato



Ginger



Baby Spinach



Indian Spice Mix



Vegetable Broth Concentrate



Coconut Milk



Crispy Shallots



Mild Curry Paste



Green Onion

HELLO LENTILS

High in fibre, low in carbs and perfect in curry!

## 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
Baby Spinach	113 g	227 g
Indian Spice Mix	1 tbsp	2 tbsp
Vegetable Broth Concentrate	2	4
Coconut Milk	165 ml	400 ml
Crispy Shallots	28 g	56 g
Mild Curry Paste	4 tbsp	8 tbsp
Green Onion	1	2
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

- Meanwhile, 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 **tomatoes** and **ginger**. Cook, stirring occasionally, until tender, 4-6 min.
- Add **curry paste** and **Indian Spice Mix**. Cook, stirring often, until fragrant, 1 min. Season with **salt** and **pepper**.



## Prep

- Meanwhile, add **1 ¼ cups water** (dbl for 4 ppl) to a medium pot. Bring to a boil over high heat.
- Meanwhile, peel, then finely grate **ginger**.
- Cut **tomatoes** into ½-inch pieces.
- Thinly slice **green onion**.
- Using a strainer, rinse **lentils** until water runs clear.



## Cook lentils

- Add **broth concentrates**, **coconut milk**, **lentils** and **1 ½ cups water** (2 ½ cups for 4 ppl) to the pan with **veggies**.
- 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 **rice** to the **boiling water**, 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**. Season with **salt** and **pepper**, to taste. Cook, stirring often, until **spinach** wilts, 1-2 min.
- Fluff **rice** with a fork. Season with **salt**, then stir in **green onions**.
- Divide **rice** between plates. Top with **lentil and sweet potato curry**.
- Sprinkle **crispy shallots** over top.

Dinner Solved!