

# Lentil and Cauliflower Curry

## with Rice and Pistachios

**hellóchef**

Lentils are packed with fiber, folic acid, and potassium, making them excellent promoters of heart health.

Cals 785 • Prot 28 • Carbs 127 • Fat 24

**Vegan**

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🕒 cook: 30 min

R2049



Before you start

Please wash your hands and rinse all fresh fruits and vegetables prior to cooking.

Ingredients

| Rice                     | 2 ppl | 3 ppl | 4 ppl |       |
|--------------------------|-------|-------|-------|-------|
| Basmati rice             | 150   | 225   | 300   | Grams |
| Water                    | 300   | 450   | 600   | ML    |
| Curry                    |       |       |       |       |
| Red onion                | 1     | 1     | 2     | Piece |
| Cauliflower              | 300   | 400   | 600   | Grams |
| Canned lentils           | 265   | 530   | 530   | Grams |
| Cardamom pods            | 4     | 6     | 8     | Piece |
| Vegetable oil            | 2     | 3     | 4     | Tbsp  |
| Ginger garlic paste      | 20    | 30    | 40    | Grams |
| Coriander cumin powder   | 4     | 8     | 8     | Grams |
| Garam masala             | 4     | 5     | 8     | Grams |
| Turmeric powder          | 2     | 4     | 4     | Grams |
| Chilli powder            | 2     | 2     | 4     | Grams |
| Tomato paste             | 30    | 50    | 70    | Grams |
| Water                    | 200   | 200   | 400   | ML    |
| Vegetable stock cube 15* | 1     | 1     | 2     | Piece |
| Coconut milk             | 200   | 400   | 400   | ML    |
| Mango chutney            | 50    | 50    | 75    | Grams |
| Salt                     | 0.5   | 1     | 1     | Tsp   |
| Black pepper             | 0.5   | 0.5   | 0.5   | Tsp   |
| To serve                 |       |       |       |       |
| Peeled pistachios 2*     | 20    | 30    | 40    | Grams |
| Lime                     | 1     | 1     | 2     | Piece |

Allergens

\*15 Celery, \*2 Tree Nuts

Due to production methods, we cannot guarantee our products are completely free from any allergen such as **Peanuts, Tree Nuts, Sesame Seeds, Milk, Eggs, Fish, Crustaceans, Molluscs, Soya, Wheat, Gluten, Lupin, Mustard, Sulphur Dioxide** and **Celery**.

| Nutritional information | Per Serving* |
|-------------------------|--------------|
| Energy (kJ/kcal)        | 3290 / 785   |
| Fat (g)                 | 24.2         |
| of which saturates (g)  | 11.4         |
| Carbohydrate (g)        | 127          |
| of which sugars (g)     | 20.6         |
| Fiber (g)               | 20.1         |
| Protein (g)             | 27.5         |
| Salt (g)                | 45.5         |

\*Nutritional information only applies to ingredients supplied by Hello Chef. The cooking process and additional ingredients added at home will affect total values.



1 Cook rice

Add the **basmati rice**, the **measured water** and a pinch of **salt** to a pan with a lid and bring to a boil. Once boiling, reduce the heat to low, cover, and cook for 10-12 min or until the water is absorbed and the **rice** is cooked. Remove the pan from the heat and keep covered until serving.



2 Prep

Meanwhile, peel and finely chop the **red onion**. Separate the **cauliflower** into small florets. Rinse and drain the **lentils** in a fine sieve. Split the **cardamom pods** open with the back of a knife and discard the **pods**, keep the **seeds**.



3 Fry

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion** and fry with a pinch of **salt** for 5 min until soft. Add the **ginger garlic paste**, **cardamom seeds**, **coriander cumin powder**, **garam masala**, **turmeric** and **chilli powder (spicy!)**. Cook for 1 min further.



4 Simmer

Add the **tomato paste** and stir for 1-2 min. Add the **measured water**, **stock cube**, **coconut milk**, **mango chutney**, **cauliflower** florets and **lentils**. Reduce the heat to low, cover with a lid and simmer for 15 min. Add a splash of water if necessary.

**Tip!** Mango chutney is very sweet! Don't add it all if you'd like your curry to be less sweet.



5 Season

Season the **curry** with **salt** and **pepper** to taste. Chop the **pistachios** roughly. Slice the **limes** into wedges.



6 Serve

Serve the **curry** over the cooked **rice**. Garnish with the **pistachios** and the **lime** wedges.