

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 111 • 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)	111
of which sugars (g)	28.7
Fiber (g)	21.3
Protein (g)	27.5
Salt (g)	2.6

*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.