

Indonesian Rendang with Lentils and Black Beans

hellóchef

In this recipe you'll make your own curry paste, packed with flavour!

Cals 1025 • Prot 33 • Carbs 152 • Fat 36

Vegan

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🕒 cook: 45 min

R2097

Before you start

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

Ingredients

Curry paste	2 ppl	3 ppl	4 ppl	
Shallots	2	3	4	Piece
Garlic cloves	4	6	8	Piece
Large red chilli	2	3	4	Piece
Ginger	30	45	60	Grams
Lemongrass paste	10	15	20	Grams
Vegetable oil	2	3	4	Tbsp
Turmeric powder	2	4	4	Grams
Black pepper	1	1	1	Tsp
For curry				
Carrot	2	3	4	Piece
Canned lentils	265	265	530	Grams
Black beans	240	240	480	Grams
Coconut milk	400	400	800	ML
Water	100	200	200	ML
Vegetable stock cube 15*	1	1	2	Piece
Soy sauce 9*, 10*, 11*	20	30	40	ML
Lime leaves	3	3	3	Piece
Brown sugar	5	10	10	Grams
Salt	0.5	1	1	Tsp
Fresh coriander	15	15	15	Grams
Rice				
Jasmine rice	150	225	300	Grams
Water	300	450	600	ML
Salt	0.5	1	1	Tsp

Allergens

*15 Celery, *9 Soya, *10 Wheat, *11 Gluten

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)	4293 / 1025
Fat (g)	35.6
of which saturates (g)	20.8
Carbohydrate (g)	152
of which sugars (g)	19.6
Fiber (g)	26.9
Protein (g)	32.6
Salt (g)	3.4

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



1 Mix curry paste

Peel and chop the **shallots** and **garlic**. Finely chop the **chilli** (remove the seeds if you like it milder). Peel and grate the **ginger**. Add the **shallots, garlic, chilli (spicy!), ginger, lemongrass paste, oil, turmeric** and **black pepper** to a food processor. Blitz until smooth. (Alternatively, use a large pestle and mortar.) This is your **curry paste**.



2 Prep ingredients

Peel and finely chop the **carrots**. Rinse and drain the **canned lentils** and the **black beans**.



3 Cook curry paste

Heat a pan over a medium heat. Once hot, add the **curry paste** (made in step 1) and cook for 5 min, stirring.



4 Add and stew

Add the **carrots, lentils, black beans, coconut milk**, measured **water, vegetable stock cube, soy sauce, lime leaves** and **brown sugar**. Bring to a light simmer, cover, and cook for 20 min. Add a splash of **water**, if needed. Finally season with **salt** to taste.



5 Boil rice

Meanwhile, add the **jasmine rice**, the measured **water** and a pinch of **salt** to a pan with a lid and bring to a boil. Reduce the heat to low, cover, and cook for 10-12 min or until the **water** is absorbed and the **rice** is cooked. Remove from the heat and keep covered. Fluff with a fork before serving.



6 Serve

Serve the Rendang curry over the **rice** and garnish with the freshly chopped **coriander**.