

Sri Lankan Lentil and Vegetable Curry

with Basmati Rice

hellóchef

Enjoy this mild and creamy curry that lends itself to being made more spicy.

Cals 868 • Prot 29 • Carbs 142 • Fat 29

Vegan

hellochef.com • 04-383-93-99 • hello@hellochef.com

🕒 cook: 30 min

R2323



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
Vegetable curry				
Red onion	1	1	2	Piece
Carrot	2	3	4	Piece
Garlic cloves	2	3	4	Piece
Cauliflower	200	300	400	Grams
Tomatoes	2	3	4	Piece
Ginger	30	45	60	Grams
Large red chilli	1	2	2	Piece
Olive oil	2	3	4	Tbsp
Cinnamon stick	1	1	2	Piece
Coriander cumin powder	4	4	8	Grams
Turmeric powder	2	2	4	Grams
Black pepper	0.5	1	1	Tsp
Chilli powder	2	2	4	Grams
Red lentils	80	120	160	Grams
Coconut milk	200	400	400	ML
Water	200	200	400	ML
Vegetable stock cube 15*	1	1	2	Piece
Salt	0.5	0.5	1	Tsp
To serve				
Fresh coriander	15	15	15	Grams
Cashew nuts 1*, 2*	40	60	80	Grams

Allergens

*15 Celery, *1 Peanuts, *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)	3629 / 868
Fat (g)	29.3
of which saturates (g)	12.4
Carbohydrate (g)	142
of which sugars (g)	18.7
Fiber (g)	19.9
Protein (g)	28.7
Salt (g)	0.6

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



1 Boil rice

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



2 Prep vegetables

Meanwhile, peel and chop the **onions** and **carrots**. Peel and mince the **garlic**. Separate the **cauliflower** into florets. Chop the **tomatoes**. Peel and grate the **ginger**. Finely chop the **chilli**.



3 Fry vegetables

Heat a pan over a medium heat with a drizzle of **oil**. Once hot, add the **onion, carrots, cauliflower** and **tomatoes** and fry for 5 min. Add the **garlic, ginger, chilli (spicy!), cinnamon sticks, coriander cumin powder, turmeric, black pepper** and **chilli powder (spicy!)**. Cook for 2 min further.



4 Simmer

Add the **lentils, coconut milk, measured water** and **vegetable stock cube**. Simmer for 15 min, stirring occasionally, until the **lentils** are soft. Add a splash of water, if needed. Season to taste with **salt**.



5 Serve

Roughly chop the **coriander**. Serve the **curry** over the **basmati rice** and garnish with the **coriander** and **cashew nuts**.
Tip! Have leftovers? Serve with naan, pita or Arabic bread the next day!