



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

Cooking Time: 30 min | Dairy-Free

Cals 894 | Prot 27 | Carbs 123 | Fat 36

Tips For Fussy Eaters

Cook a separate batch and keep the spices mild.

Pro Tip

Have leftovers? Serve with naan, pita or Arabic bread the next day!

Ingredients

For 2 For 3 For 4

Rice

Basmati rice	150	225	300	Grams
Water	300	450	600	ML

Vegetable curry

Red onion	1	1	2	Pieces
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	Pieces
Olive oil	2	3	4	Tbsp
Cinnamon stick	1	1	2	Pieces
Coriander powder	2	4	4	Grams
Cumin powder	2	4	4	Grams
Turmeric powder	2	2	4	Grams
Black pepper	0.5	1	1	Tsp
Chilli powder	2	2	2	Grams
Red lentils	80	120	160	Grams
Coconut milk	200	400	800	ML
Water	200	200	200	ML
Vegetable stock cube	1	2	2	Pieces
Salt	1	1	2	Tsp

To serve

Fresh coriander	15	15	15	Grams
Cashew nuts	40	60	80	Grams



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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.



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**.



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** (tip: remove the seeds if you like it milder).



5 Serve

Chop the **coriander** roughly. Serve the curry over the **basmati rice** and garnish with the **coriander** and **cashew nuts**.



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 cook for 5-6 min. Add the **garlic**, **ginger**, **chilli**, **cinnamon sticks**, **coriander**, **cumin**, **turmeric**, **black pepper** and **chilli powder** and cook for 2 min further.