



Cooking Made Easy

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## Lentil & Cauliflower Dahling

This dahl is a veritable symphony of unsung ingredients. Red lentils and cauliflower may sound humdrum, but with a little help from HelloFresh curry powder and fresh coriander they transform into a protein packed dish of South Asian delights. We've included some cooling yoghurt, but try adding half the curry powder first if spiciness isn't your thing!



Prep: 10 mins

Cook: 30 mins

Total: 40 mins



level 1



low-carb



Brown Onion



Garlic



Curry Powder



Red Lentils



Vegetable Stock Powder



Diced Tomatoes



Cauliflower



Green Beans



Coriander



Yoghurt

2P	4P	Ingredients
2 tsp	1 tbs	olive oil *
1	2	brown onion, diced ⊕ A
1	2	garlic clove, peeled & crushed ⊕
1 tbs	2 tbs	HelloFresh curry powder
100 g	200 g	red lentils, rinsed
1/2 tsp	1 tsp	vegetable stock powder
1 cup	2 cups	water *
1 tin	2 tins	diced tomatoes
1/2 head	1 head	cauliflower, florets separated
100 g	200 g	green beans, chopped into 3 cm lengths ⊕
1 tbs	2 tbs	coriander, chopped
1 tub	2 tubs	yoghurt

⊕ May feature in another recipe

\* Good to have at home

#### Nutrition per serving

Energy	2370	Kj
Protein	16.9	g
Fat, total	46.3	g
-saturated	8.7	g
Carbohydrate	16.7	g
-sugars	16.3	g

#### Measuretool

0 cm	1 cm	2 cm



**1** Heat the **olive oil** in a saucepan over a medium-high heat. Add the **onion** and **garlic**. Cook, stirring, for **2-3 minutes** or until tender. Add the **HelloFresh curry powder** and cook, stirring, for **1 minute** or until fragrant.



**2** Add the **lentils**, **stock**, **water**, and the **diced tomatoes** to the saucepan. Bring to the boil, then cover and simmer over a low heat for **10 minutes**. Turn up the heat, add the **cauliflower** and simmer for **5 minutes** until the cauliflower is tender and the sauce is well reduced. Add the **green beans** for the final **2 minutes** or until they're cooked, but still crunchy.

**3** While still hot, garnish your dahling with **coriander** and **yoghurt** and enjoy!



**Did you know?** The vitamin B found in cauliflower is thought to boost cognitive functioning, improve memory and learning, and even decrease age-related memory decline!