



Red Lentil and Sweet Potato Curry









with Spinach and Basmati Rice

Veggie

35 Minutes

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-  Red Lentils
-  Basmati Rice
-  Sweet Potato
-  Roma Tomato
-  Baby Spinach
-  Parsley
-  Coconut Milk
-  Crispy Shallots
-  Ginger-Garlic Puree
-  Curry Paste
-  Dal Spice Blend
-  Vegetable Stock Powder

HELLO LENTILS

High in fibre, low in carbs and perfect in curry!

Start here

- Before starting, preheat the oven to 425°F.
- Wash and dry all produce.

Measurements within steps **1 tbsp** (2 person) **(2 tbsp)** (4 person) **oil** Ingredient

Bust out

Baking sheet, measuring spoons, strainer, medium pot, parchment paper, measuring cups, large non-stick pan

Ingredients

	2 Person	4 Person
Red Lentils	1 cup	2 cups
Basmati Rice	¾ cup	1 ½ cups
Sweet Potato	340 g	680 g
Roma Tomato	160 g	320 g
Baby Spinach	113 g	227 g
Parsley	7 g	7 g
Coconut Milk	1	2
Crispy Shallots	28 g	56 g
Ginger-Garlic Puree	2 tbsp	4 tbsp
Curry Paste	2 tbsp	4 tbsp
Dal Spice Blend	1 tbsp	2 tbsp
Vegetable Stock Powder	1 tbsp	2 tbsp
Oil*		
Salt and Pepper*		

* Pantry items

Allergens

Hey home cooks! Please refer to the website or app for the as-prepared recipe nutritional information.

Ingredients are packaged in a facility that also handles egg, fish, crustacean, shellfish, milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.



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1 Roast sweet potatoes

- Cut **sweet potatoes** into ½-inch pieces.
- Add **sweet potatoes** and **1 tbsp oil** to a parchment-lined baking sheet. (**NOTE:** For 4 ppl, use 2 baking sheets, with 1 tbsp oil per sheet.) Season with **salt** and **pepper**, then toss to coat.
- Roast in the **middle** of the oven, flipping halfway through, until tender, 18-20 min. (**NOTE:** For 4 ppl, roast in the top and middle of the oven, rotating sheets halfway through.)



4 Cook veggies

- Meanwhile, heat a large non-stick pan over medium heat.
- When hot, add **1 tbsp** (2 tbsp) **oil**, then **tomatoes** and **ginger-garlic puree**. Cook, stirring occasionally, until tender, 4-6 min.
- Add **curry paste** and **Dal Spice Blend**. Cook, stirring often, until fragrant, 1 min.



2 Cook rice

- Meanwhile, add **1 ¼ cups** (2 ½ cups) **water** to a medium pot. Bring to a boil over high heat.
- Add **rice** to the **boiling water**, then reduce heat to low.
- Cover and cook until **rice** is tender and **liquid** is absorbed, 12-14 min.
- Remove the pot from heat. Set aside, still covered.



5 Cook lentils

- Add **stock powder**, **coconut milk**, **lentils** and **1 ½ cups** (2 ½ cups) **water** to the pan with **veggies**.
- Bring to a boil over high heat.
- Once boiling, reduce heat to medium. Cook, stirring often, until **lentils** are tender, 12-15 min. (**NOTE:** If needed, thin out curry with 1-2 tbsp water.)



3 Prep

- Meanwhile, cut **tomato** into ½-inch pieces.
- Roughly chop **parsley**.
- Using a strainer, rinse **lentils** until water runs clear.



6 Finish and serve

- When **lentils** are tender, add **sweet potatoes** and **spinach** to **curry**. Season with **pepper**, to taste. Cook, stirring often, until **spinach** wilts, 1-2 min.
- Fluff **rice** with a fork. Season with **salt**, then stir in **half the parsley**.
- Divide **rice** between plates. Top with **lentil and sweet potato curry**.
- Sprinkle **crispy shallots** and **remaining parsley** over top.

Dinner Solved!