



Creamy Curry

with Mushrooms, Lentils and Potatoes

Classic 40 Minutes • Medium Spice • 3 of your 5 a day • Plant-Based

21



-  Green Beans
-  Onion
-  Garlic Clove
-  Ginger
-  Chestnut Mushrooms
-  Potato
-  Tomato Purée
-  North Indian-Style Curry Powder
-  Coconut Milk
-  Vegetable Stock Powder
-  Lentils
-  Coriander
-  Lime

Before you start

Our fruit and veggies need a little wash before you use them!

Cooking tools, you will need:

Chopping Board, Sharp Knife, Baking Tray, Fine Grater (or Garlic Press), Saucepan, Measuring Jug and Sieve.

Ingredients

	2P	3P	4P
Green Beans**	150g	200g	300g
Onion**	1	1	2
Garlic Clove**	1 clove	2 cloves	2 cloves
Ginger**	1 piece	1 piece	2 pieces
Chestnut	1 small	1 large	2 small
Mushrooms**	punnet	punnet	punnets
Potato**	1	2	2
Tomato Purée	1 sachet	1½ sachets	2 sachets
North Indian-Style Curry Powder	1 small pot	¾ large pot	1 large pot
Coconut Milk	400ml	600ml	800ml
Water for the Sauce*	75ml	100ml	150ml
Vegetable Stock Powder 10	1 sachet	2 sachets	2 sachets
Lentils	1 carton	1½ cartons	2 cartons
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	752g	100g
Energy (kJ/kcal)	3244 /775	431 /103
Fat (g)	42	6
Sat. Fat (g)	35	5
Carbohydrate (g)	78	10
Sugars (g)	17	2
Protein (g)	20	3
Salt (g)	1.20	0.16

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

10) Celery

Please remember to check your ingredient packaging for information on allergens and traces of allergens!

Wash your hands before and after prep. Wash fruit and veg; but not meat! Use different chopping boards and utensils for raw and ready-to-eat foods (or wash in-between).

Boxes are packed in facilities that handle Peanut, Nut, Sesame, Fish, Crustaceans, Milk, Egg, Mustard, Celery, Soya, Gluten & Sulphites.

Contact

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Packed in the UK

The Fresh Farm

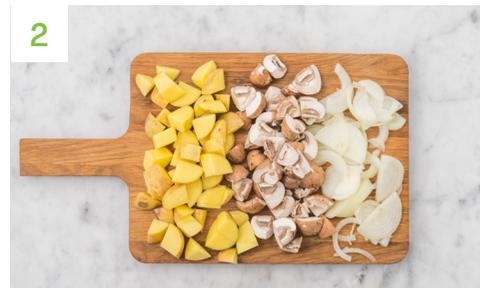
60 Worship St, London EC2A 2EZ

 You can recycle me!



1 Prep the Beans

Trim the **green beans** and chop into thirds.



2 Prep the Veggies

Halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press) and **ginger**. Quarter the **chestnut mushrooms**. Chop the **potato** into 1cm chunks (no need to peel).



3 Start the Curry

Heat a drizzle of **oil** in a large saucepan on medium heat. Add the **mushrooms** and a pinch of **salt** and **pepper**. Stir and cook until the **mushrooms** are browned, 4-5 mins. Add the **onion**, stir together and cook until softened, another 4-5 mins. Add the **garlic**, **ginger**, **tomato purée** and **North Indian-style curry powder**. Stir and cook for 1 minute more.



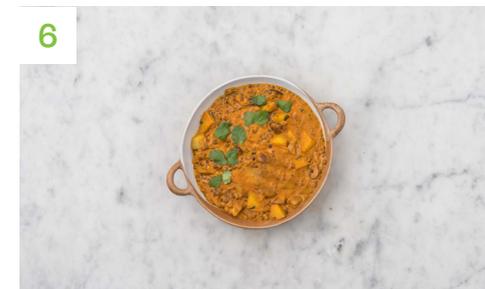
4 Simmer the Curry

Pour in the **coconut milk** and **water** (see ingredients for amount). Stir in the **stock powder** and the **potato chunks**. Bring to the boil, cover with a lid and simmer until the **potato** is cooked, 20-25 mins. Stir every few minutes. **TIP: The potato is cooked when you can easily slip a knife through.** Add the **green beans** for the last 5 mins of potato cooking time.



5 Add the Lentils

While the curry cooks, drain and rinse the **lentils** in a sieve. Roughly chop the **coriander** (stalks and all). Halve the **lime**. Once the **curry** is cooked and the **potato** tender, add in the **lentils** and bring back to the boil. Stir in **half** the **coriander**.



6 Finish and Serve

Squeeze in **half** the **lime juice**, then taste and add more **lime juice**, **salt** and **pepper** if you feel it needs it. Serve in bowls with the remaining **coriander** sprinkled on top.

Enjoy!

There may be changes to ingredients in recipes:

Allergens: Always check the packaging of individual products/ingredients for up to date information.

Missing Ingredients: You will be notified by email if an ingredient is missing or replaced, with any potential recipe step changes.