



Lentil Sambar Curry

with Roasted Aubergine and Salted Peanuts

Classic 45 Minutes • Little Heat • 3 of your 5 a day • Veggie

20



Aubergine



Sri Lankan Curry Powder



Red Onion



Garlic Clove



Carrot



Coriander



Lime



Salted Peanuts



Tomato Purée



Red Split Lentils



Coconut Milk



Vegetable Stock Powder



Basmati Rice



Star Anise



Baby Spinach

Before you start

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

Cooking tools, you will need:

Chopping Board, Baking Tray, Fine Grater (or Garlic Press), Saucepan and Small Bowl.

Ingredients

	2P	3P	4P
Aubergine**	1	2	2
Sri Lankan Curry Powder	1 pot	2 pots	2 pots
Red Onion**	1	1	2
Garlic Clove**	2 cloves	3 cloves	4 cloves
Carrot**	1	1	2
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Salted Peanuts 1)	1 pot	1 pot	1 pot
Tomato Purée	1 sachet	1½ sachets	2 sachets
Red Split Lentils	50g	100g	100g
Coconut Milk	200ml	400ml	400ml
Water for Curry*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Water for Rice*	300ml	450ml	600ml
Basmati Rice	150g	225g	300g
Star Anise	1 pot	1 pot	1 pot
Baby Spinach**	1 small bag	1 large bag	2 small bags
Olive Oil*	2 tbsp	3 tbsp	4 tbsp

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	807g	100g
Energy (kJ/kcal)	3330/796	413/99
Fat (g)	34	4
Sat. Fat (g)	18	2
Carbohydrate (g)	99	12
Sugars (g)	19	2
Protein (g)	23	3
Salt (g)	1.00	0.12

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

1) Peanut 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.



Roast the Aubergine

Preheat your oven to 200°C. Trim the **aubergine** then halve lengthways. Chop each half into four long strips then chop widthways in half. Pop the **aubergine** onto a large baking tray in a single layer. Drizzle with **oil** and season with **salt, pepper** and **half of the Sri Lankan Seasoning**. Toss to coat and roast the **aubergine** until golden brown and soft, 25-30 mins. Turn halfway through cooking. Once cooked, remove from your oven and set aside.



Cook the Rice

While the **curry** cooks, pour the **water** for the rice (see ingredients for amount) into a saucepan and bring to the boil. When boiling, add ¼ tsp of **salt, star anise**, stir in the **rice**, lower the heat to medium and pop a lid on the pan. Leave to cook for 10 mins, then remove the pan from the heat (still covered) and leave to the side for another 10 mins or until ready to serve (the **rice** will continue to cook in its own steam).



Prep

Meanwhile, halve, peel and thinly slice the **onion**. Peel and grate the **garlic** (or use a garlic press). Trim the **carrot**, then quarter lengthways (no need to peel). Chop widthways into small pieces. Roughly chop the **coriander** (stalks and all). Zest the **lime** and chop into wedges. Chop up the **peanuts** as finely as you can.



Finish the Curry

Once the **lentils** are soft, add the **spinach** to the **curry** a handful at a time and cook until wilted and piping hot, 2-3 mins. If the **curry** is a bit thick add a touch of **water**. Season to taste with **salt** and **pepper**.



Curry Time

Heat a drizzle of **oil** in a medium saucepan on a medium-high heat. When hot, add the **onion** and **carrot** and cook, stirring frequently, until tender, 7-8 mins. Add the remaining **Sri Lankan spice, tomato purée, garlic** and **lentils** and cook for 1 minute stirring frequently. Add the **coconut milk, water** (see ingredients for amount) and **veg stock powder**. Stir to combine and simmer until the **lentils** are cooked, 20-25 mins.



Time to Serve

Remove the **star anise** from the **rice** and fluff with a fork. Share the **rice** between your bowls and top with the **curry**. Top with the **roasted aubergine pieces**. In a small bowl, combine the **chopped peanuts, lime zest, coriander** and **oil** (see ingredients for amount). Sprinkle over the whole dish and serve with a **lime** wedge alongside for squeezing over.

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.