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Turmeric Roasted Cauliflower with Lentil and Coconut Dal

Classic 35 Minutes • 3.5 of your 5 a day • Plant-Based



Onion



Carrot



Garlic



Ginger



Lentils



Cauliflower



Ground Turmeric



Curry Powder



Tomato Purée



Coconut Milk



Vegetable Stock Powder



Coriander



Lime



Baby Spinach

Before you start

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

Cooking tools, you will need:

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

Ingredients

	2P	3P	4P
Onion**	1	1	2
Carrot**	1	2	2
Garlic**	1 clove	2 cloves	2 cloves
Ginger**	1 piece	1 piece	2 pieces
Lentils	1 carton	1½ cartons	2 cartons
Cauliflower**	1	1½	2
Olive Oil *	2 tbsp	3 tbsp	4 tbsp
Ground Turmeric	1 pot	1½ pots	2 pots
Curry Powder 9)	1 small pot	¾ large pot	1 large pot
Tomato Purée	1 sachet	1 ½ sachets	2 sachets
Coconut Milk	200ml	400ml	400ml
Water for Curry*	200ml	300ml	400ml
Vegetable Stock Powder 10)	1 sachet	2 sachets	2 sachets
Coriander**	1 bunch	1 bunch	1 bunch
Lime**	½	1	1
Baby Spinach**	100g	150g	200g

*Not Included **Store in the Fridge

Nutrition

	Per serving	Per 100g
for uncooked ingredient	741g	100g
Energy (kJ/kcal)	230/552	312/75
Fat (g)	30	7
Sat. Fat (g)	18	2
Carbohydrate (g)	49	7
Sugars (g)	21	3
Protein (g)	18	2
Salt (g)	1.26	0.17

Nutrition for uncooked ingredients based on 2 person recipe.

Allergens

9) Mustard 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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Get Prepped

Preheat your oven to 200°C. Halve, peel and thinly slice the **onion**. Trim the ends from the **carrot**, halve lengthways then cut lengthways again into 1cm wide strips. Chop into small 1cm chunks. Peel and grate the **garlic** (or use a garlic press). Peel and grate the **ginger**. Drain and rinse the **lentils** in a sieve.



Cauli Time

Meanwhile, separate the **cauliflower** into florets (halve the florets if they are very big). Mix the **turmeric** with the **oil** (see ingredients for amount) in a large bowl, season with **salt** and **pepper**. Add the **cauliflower** and toss to coat in the mixture. **TIP:** The cauliflower onto a baking tray, then roast in your oven on the top shelf until golden brown, and tender 15-20 mins. Turn halfway through.



Start the Dal

Heat a drizzle of **oil** in a saucepan on medium-high heat. Once hot, add the **onion** and cook until slightly softened, 2-3 mins, then add the **carrot**, stir together and cook until tender, 4-5 mins more. Add the **curry powder**, **garlic**, **ginger** and **tomato purée**. Stir and cook for 2 mins, then pour in the **coconut milk** and the **water** (see ingredients for amount). Stir in the **vegetable stock powder** and **lentils**.



Simmer

Bring the **mixture** to a simmer and cook until the carrot is tender and the flavours have developed, 8-10 mins. Meanwhile, roughly chop the **coriander** (stalks and all) and halve the **lime**.



Finish the Curry

Once cooked, add the **spinach** in handfuls and stir to wilt, 2-3 mins. Remove from the heat, add **half** the **coriander** and a squeeze of **lime**. Taste and add **salt**, **pepper** and more **lime juice** if you feel it needs it.



Serve

Spoon the **dal** into bowls and top with the **golden cauliflower**. Sprinkle over the remaining **coriander**.

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.